

\$10,000
STOP THE CLOCK!

101.3
THE BOUNCE

Weekdays
8:10am and 4:10pm
1013thebounce.com



CENTRE OF ATTENTION

NATHAN MACKINNON'S LESS GLAMOROUS WORK IN FACEOFF CIRCLE IS PAYING OFF PAGE 22

HALIFAX

metro

Wednesday, October 10, 2012



metronews.ca | twitter.com/metronews | facebook.com/metrohalifax

Confinement case still upsetting for local community

Crime. Neighbours in Lunenburg County coming to terms with alleged assault

Ron and Dot Mercer's mailbox sits about 100 feet up the road from where David James Leblanc is accused of confining and sexually assaulting a 16-year-old boy.

The retired couple's home is just a mile past the ramshackle cabin on Faulkner Road. They pass by it each day and admit the horrific case that has thrown this tiny community of Upper Chelsea under the national spotlight over the past two weeks still weighs heavily on their minds.

The entire community is rattled, they say.

"We were upset, when we first found out about it," Dot said as they picked up their mail Tuesday. "It's hard to believe. We're just in shock

for something like this to happen around here. It's a quiet little community."

Her husband says the co-accused, 31-year-old Wayne Alan Cunningham, suffered a fitting fate when he was found dead last week in northern Ontario after he and Leblanc were subjects of a police manhunt.

Cunningham's cause of death hasn't been released, but foul play isn't suspected.

"It's too bad the same thing didn't happen to the other guy," Ron said, referring to Leblanc.

Police launched an investigation two weeks ago after a woman reported that a boy — barefoot and chained at his wrists and ankles — showed up at her doorstep in the Lunenburg County community of Upper Chelsea.

On Tuesday morning, looking gaunt and disoriented, Leblanc ap-

Suspect facing slew of charges

For more on David Leblanc's day in court Tuesday morning, see pg. 3.



peared in Bridgewater court to face seven charges, which range from sexual assault causing bodily harm, to uttering death threats. He is scheduled to appear in court again for a bail hearing on Oct. 23.

Another neighbour, who asked not to be identified, says he was also shocked and disturbed by the incident. But he said his thoughts were with the victim and his family.

"You still feel bad for the young fella and for the family," he said.

ANDREW RANKIN/METRO

Friends honour Amber Kirwan

A year after she disappeared, a monument is installed to remember 'Pictou County's Angel' PAGE 5

Bizarre statement from Sandusky

Former football icon rambles on at his sentencing, where he's given 30 years for child sexual abuse PAGE 7

Pin-up dances to sultry success

Canadian burlesque performer and model gets her U.S. green card thanks to her 'extraordinary' abilities PAGE 9



DEFLATED DREAMS

A helium balloon is pushed by winds seconds after Felix Baumgartner's death-defying 23-mile-high jump was aborted Tuesday in Roswell, N.M. Baumgartner was attempting to break the speed of sound with his own body and become the first supersonic skydiver. Story, page 7. MATT YORK/THE ASSOCIATED PRESS

ATLANTIC FABRICS
CRAFTS & MORE

SPOOKY SPECIALS:
Halloween Decor & Accessories 25% off!

Fall Festival of Savings

Halloween Patterns
20% OFF

Fur & Fur Pieces
20% OFF

Assorted Black Fabrics
\$2.47 & UP

Burlap
(for shrubs and Halloween decor)
\$1.27/m & UP

Fleece Prints & Panels
15% OFF

Flannelettes
20% OFF

434-1440 • 114 Woodlawn Road, Dartmouth • atlanticfabrics.com

FALL CLEAROUT

All New 2012's are Sale Priced to CLEAR!

ALL PAYMENTS INCLUDE TAX & FREIGHT AND ARE \$0 DOWN!

**NEW 2012 RAM 1500 4x4
Crew Cab or Quad Cab**

**NEW 2013 Grand Caravan
Canada Value Package**



\$22,995**

fr: **\$85 /wk**

Save up to
\$15,000 OFF
OUR ENTIRE INVENTORY!

\$17,995**

fr: **\$66 /wk**

**YES THESE ARE
2013's!!**



NEW 2012 Dodge Journey

\$22,450**

fr: **\$79 /wk**

Save
\$5,000 OFF
ALL 2012 SXT, CREW & R/T'S

NEW 2012 Chrysler 200's

\$15,595**

fr: **\$59 /wk**

Save
\$5,000 OFF
ENTIRE 2012 INVENTORY!



2012 MiniVans

Grand Caravans & Town & Country's

SAVE UP TO \$12,500
OFF OUR ENTIRE INVENTORY!



**NEW 2012 JEEP WRANGLERS
2DOOR & 4DOOR**

Save
\$4,500 OFF
OUR ENTIRE INVENTORY!

NEW 2012 Jeep Patriot or Compass

\$15,980**

fr: **\$59 /wk**

Save
\$3,500 OFF
OUR ENTIRE INVENTORY!



Steele

CHRYSLER DODGE JEEP

44 BEDFORD HWY, Halifax
PH: 982-3982
TF: 1 (877) 394-2751
www.steelechrysler.com

BAYERS LAKE (by RONA) Halifax
PH: 482-8126
TF: 1 (877) 394-1634
www.halifaxchrysler.com

HALIFAX
CHRYSLER • DODGE • JEEP • RAM

*All savings are tax inclusive **Sale is price is plus freight, taxes & fees. Dealer installed options are additional. All payments include freight, taxes & fees. \$0 down auc.

Accused in sexual-assault case dejected in court appearance

David James Leblanc.
Accused faces five new charges in alleged confinement, sexual-assault case

ANDREW RANKIN
halifax@metronews.ca

An unshaven, gaunt David James Leblanc limped into a Bridgewater courtroom Tuesday to face five fresh charges stemming from an alleged sexual-assault case involving a 16-year-old boy in Lunenburg County.

Throughout his late morning appearance Leblanc appeared dejected, wincing in pain on several occasions but said nothing.

Two teenagers sitting about 15 feet away from the accused gave Leblanc an earful before being escorted out of the courtroom by sheriffs' officers.

What started out as incoherent mumblings escalated into blatant threats: "I'll see you in jail," said one before the pair were thrown out by Judge Gregory Lenehan.

As they exited the courtroom one of the teens shouted:



Looking for a lawyer?

Crown attorney Lloyd Tancock told reporters after Tuesday's proceeding that he believes David James Leblanc is trying to find a lawyer.

"I hope you die."

Leblanc now faces a total of seven charges, including kidnapping, unlawful confinement, sexual assault, sexual assault causing bodily harm, administering a noxious substance, uttering death threats and a charge of breaching conditions of an undertaking.

He will make his bail appearance on Oct. 23, where the onus will be on Leblanc to prove he isn't a threat to society rather than the onus normally being on the Crown to prove an accused should remain in custody while awaiting trial.

Leblanc was facing serious sex-related charges from 2010, including sexual assault and possessing child pornography.



A sheriff helps direct a corrections van carrying David James Leblanc out of Bridgewater provincial court on Tuesday.
JEFF HARPER/METRO

His preliminary hearing was set for next month.

The initial sexual-assault and unlawful-confinement charges were filed last month in order to get an arrest war-

rant for Leblanc and co-accused Wayne Alan Cunningham, who was found dead last week during a police manhunt for both men.

Leblanc was taken into

custody a week ago Sunday by police in northern Ontario. He then spent five days in hospital before being flown back to Halifax in a police plane on Friday evening.

Bail hearing for 'Black Widow' to happen Friday



Melissa Ann Weeks being escorted into Sydney provincial court last week.
THE CANADIAN PRESS

A 77-year-old New Glasgow woman charged with attempting to murder her husband made a brief court appearance Tuesday and had her case adjourned until Friday.

Melissa Ann Weeks, the so-called Internet Black Widow, is charged with attempted murder and with administering a noxious substance, benzodiazepine, with intent to endanger a life. Both charges relate to her current husband, 75-year-old Fred Weeks, and the offences allegedly occurred between Sept. 24 and Sept. 30 in North Sydney.

The Friday court appearance is for a bail hearing. While the Crown remains opposed to her release, it will be up to Weeks to submit a

release plan to the court that will include the posting of a surety along with release conditions such as where she will live.

The accused had been in living in a seniors' apartment complex in New Glasgow where she met and married Weeks in September.

She was arrested at the couple's New Glasgow home after her husband was admitted to the Northside General Hospital suffering with what Cape Breton Regional Police described as a suspicious illness. The couple was in Cape Breton after returning from a trip to Newfoundland and Labrador.

Weeks was being held at the women's provincial jail

No contact with husband

- Crown prosecutor Diane McGrath said Tuesday the Crown remains opposed to her release based on her prior convictions and the potential she could flee the jurisdiction.
- While on remand, Weeks is prohibited from having any contact with her husband, who has since been released from hospital.

in Burnside but it is possible she could be held at the Cape Breton Correctional Centre in advance of Friday's court appearance. **CAPE BRETON POST**

Missing

Police looking for American cruise ship passenger

Halifax police are asking the public to help find a missing American tourist in Halifax.

Sarah Tessier Powell, 70, was last seen on Sept. 30 aboard the Holland America cruise ship Veendam.

Since then, the ship has

made stops in Charlottetown, Sydney and Halifax. It's believed Powell may have left the ship without being checked by security, though it's not clear which city she might be in. At this point there's no evidence to suggest she has met with foul play.

Powell is described as white and five-foot-six with a thin build and brown shoulder-length hair. She speaks with a strong Southern accent.



Sarah Powell
POLICE HANDOUT

who has seen Powell or who may know her whereabouts is asked to contact local police immediately. **METRO**

Police say Powell requires regular medication and may become agitated without it. Anyone

Lower Sackville

Driver's car impounded

A 27-year-old Lower Sackville man is facing a charge of stunting after police clocked someone driving 172 km/h in a 110 km/h zone on Highway 104. Police say the driver of a Ford Fiesta caught Monday afternoon faces a fine of over \$2,400. **METRO**

Fall River

Masked man robs gas station

Police are on the hunt for man who robbed a Fall River gas station early Tuesday morning. The suspect fled on foot. He was wearing a black jacket, black pants, black sneakers with white bottoms, a red sweater over his head and white ATV/ski gloves. **METRO**

1 NEWS

Last kick at the can: Council holds final meeting before election

Wrapping it up. Mayor, outgoing councillors leave office on November 7

RUTH DAVENPORT
halifax@metronews.ca

There's less than one month to go before several members of Halifax regional council say their final farewell.

Tuesday's council meeting was the last before the municipal election on Oct. 20, and one of three remaining before a new council takes over on Nov. 7.

There were a few topics on the agenda that will be dealt with by the new council, and for Coun. Bob Harvey — one of three council members who is not reoffering — it brought home the reality that his 23-year career in politics is nearly over.

"There are issues there that

Final farewell

"It's hard to understand how much you're going to miss something until it's gone."

Coun. Jerry Blumenthal

I'm longing to have involvement in, but my opinions won't count the way they do today," he said. "You sort of feel ... a little helpless that you're sending things off into a future that doesn't include you."

Mayor Peter Kelly — a municipal politician since 1985 — says he's feeling both relief and regret about ending his time in office.

"Certainly I'll miss being involved with the fray of discussion," he said. "Sometimes things certainly go sideways when they start getting involved with personalities rather than sticking to the issues."

Kelly says there's no question HRM is better off than it was 12 years ago, listing the Harbour Solutions project, the compensation package for Africville residents and infrastructure improvements as proof.

Harvey says council's accomplishments just didn't always get as much press as the breakdowns.

"You can go through practically any agenda ... there are any number of accomplishments," he said. "I think there's a legacy there of many positive decisions."

He says being involved with the community was the best part of being a councillor, and recommended that incoming members make the most of it.



Mayor Peter Kelly, middle, listens in during a Halifax regional council meeting at the World Trade and Convention Centre last month. JEFF HARPER/METRO

Musgo Rider gets conditional 'yes' on funding



Coun. Brad Johns has been critical of the conditions involved in providing a grant to the newly launched Musgo Rider shuttle. METRO FILE

The general manager of a community transit program in Musquodoboit Harbour says she's pleased Halifax regional council is moving, albeit slowly, towards financial support of the project.

Council approved on Tuesday a recommendation from the Transportation Standing Committee to give \$10,000 to the newly launched Musgo Rider shuttle.

The money won't be handed over until city staff has reviewed the group's business plan and council has signed off on evaluation criteria for community-led rural transit

initiatives.

"I'm just happy to see that HRM is on board with the project," said Musgo Rider General Manager Lucie Quigley. "It is a step forward, and that's important (for) what we're doing."

The conditions prompted objection from Coun. David Hendsbee, who pointed out that guidelines for funding under the Transportation Demand Management account were approved in 2008.

"I think the measurements and tools are there," he said. "I think that we're just putting up roadblocks, this is just

Accessibility

\$16k

It will cost \$16,000 to make Musgo Rider shuttle wheelchair accessible.

becoming a little more bureaucratic than it needs to be."

Mayor Peter Kelly said the requirement for criteria doesn't mean the group won't get the grant — just that it won't happen until there are guidelines in place to ensure accountability.

That still didn't satisfy

everyone, especially when Coun. Steve Streatch noted that at least two similar ventures had received funding without the guidelines in place.

"Is this just another way to stonewall something?" said Coun. Brad Johns. "This is a staff report that's already come to us, it's gone to a standing committee that's recommending giving \$10,000."

Mayor Peter Kelly pointed out that the two prior ventures had both failed, and city staff were trying to ensure taxpayer dollars would be better spent this time around.

RUTH DAVENPORT/METRO

35-year career

Veteran member of HRP brass retires

Halifax Regional Police's first Public Safety Officer is calling it a career. Supt. Don Spicer announced via his weekly blog post Tuesday that he has decided to retire after 35 years with the force.

"The decision didn't come easily, as I still have a great

sense of pride in my work and feel we're moving in the right direction," he wrote in the blog post, titled "Turning in the badge but continuing the fight."

Spicer's position was created in 2009 to lead a response to the Mayor's Roundtable on Violence report recommendations, addressing root causes of crime.

He will leave his current position on Nov. 16. METRO



Don Spicer METRO FILE

400 plants

RCMP make major marijuana bust

More than 400 marijuana plants were found over the weekend in a wooded area off of Coldstream Drive in Bible Hill. Police were tipped by a passing motorist who found bags of marijuana along the side of the road. TRURO DAILY NEWS

Climbing fees

Students calling for tuition drop

A student advocacy group is calling on the NDP government to reduce tuition in Nova Scotia, following a report that suggests fees are climbing too fast.

The Maritime Provinces Higher Education Commission released numbers

Tuesday showing tuition fees at every institution in the province have climbed by more than the rate of inflation to more than \$7,200 per year. In a release, Nova Scotia National Executive Representative for the Canadian Federation of Students, Nick Stark, says the Dexter government promised to reduce fees in its next mandate but has since "distanced itself" from that pledge. METRO



Morgan Curley looks at a monument on Tuesday for Amber Kirwan, who was murdered last year. NEW GLASGOW NEWS

Anniversary of Amber Kirwan's death marked

One year later.
Monument unveiled in remembrance of young woman

As Morgan Curley looks at the monument dedicated to her friend Amber Kirwan, she finds it hard to believe it's been a year since she last spoke to her.

Curley was one of many in New Glasgow who attended the unveiling of a monument for her friend Kirwan, a 19-year-old who went missing on Oct. 9, 2011.

"I was with her at Dooly's the night she went missing.



Amber Kirwan CONTRIBUTED

It's hard to believe a whole year has gone by," said Curley.

Curley said she thought the unveiling service on

Tuesday morning was a nice tribute to her friend.

Kirwan left Dooly's Pool Hall in New Glasgow in the early-morning hours of Oct. 9, 2011, and disappeared a short time later.

An extensive search took place in Pictou County.

On Nov. 6, RCMP and New Glasgow Police Service officials confirmed that Kirwan's remains were found in Heathbell and immediately launched a homicide investigation.

On May 17, Chris Falconer, a man who had served time for a previous murder, was charged in connection with the case.

NEW GLASGOW NEWS

Melissa Dawn Peacock. Court date set for brothers charged in murder

It will be more than a year before two Nova Scotia brothers return to court on first-degree murder charges in the death of a 20-year-old Dartmouth woman.

Twenty-four-year-old Dustan Preeper of Halifax, and his 20-year-old brother, Joshua Preeper of Kennettcook, were charged in July in the death of Melissa Dawn Peacock.

The woman went missing after leaving her home last Nov. 7. Her remains were found early this summer in Upper Stewiacke.

THE CANADIAN PRESS



Melissa Dawn Peacock CONTRIBUTED

Unique lobsters now celebrities at N.S. market

Rainbow-coloured crustaceans. People posing for pics with unusual lobsters

A Nova Scotia seafood retailer and exporter has become a hot attraction for people in the area after five rainbow-coloured lobsters were pulled out of the sea.

The lobsters have been making quite a splash in Bedford, N.S., since they were discovered last week.

"People here are quite impressed. We'll take the lobsters out and the kids will take a picture with them," said Chris Field, retail co-manager at the Fisherman's Market.

Lobsters with unusual physical attributes aren't unheard of at the market that ships thousands of pounds of



Rainbow-coloured lobsters at a market in Bedford, N.S. HANDOUT

seafood internationally every day. Unusual lobsters, sometimes with three claws instead of two, will go in a tank in the retail area and become pets in the store.

But when workers discov-

Seafood

Fisherman's Market is one of the few places in Halifax where people can see live seafood, and the number of people coming in to catch a glimpse of the new celebrities has been steadily increasing. Field says as long as the lobsters maintain their unusual hues, they'll be used for display purposes and will avoid being a splash of colour on a dinner plate near you.

ered the five crustaceans last Wednesday night, Field knew they were something special.

"The lime green one really took my fancy because I have never seen one that colour," said Field. TORSTAR NEWS SERVICE

Believe in your future

Discover your potential tonight at 6pm...

RCMP

N.S. cop faces assault charges

An RCMP officer in northeastern Nova Scotia is facing two charges of common assault after a domestic-violence complaint was received last month.

Const. Luc MacInnis, of Antigonish, is being charged in connection with incidents in December 2011 and June 2012. A complaint was laid against the 28-year-old officer on Sept. 25.

The Mounties passed the case to the province's Serious Incident Response Team, which is called in to investigate allegations against police officers.

THE CANADIAN PRESS

Helping kids be healthy inside and out

What parents should know

By Rona Maynard

When your child wakes up feeling out of sorts, you trust yourself to know the difference between a bad day and the latest bug sweeping the school. You are drawing on a lifetime of learning from parents, relatives, friends and the media, plus intimate knowledge of your child.

It's not so easy for parents to distinguish a possible mental illness from the normal ups and downs of growing up. Suppose your child has trouble making friends. Is he just shy or could he be suffering from anxiety, the most commonly diagnosed mental illness in young people?

Chances are your memory bank isn't much help. Mom likely never knew that kids can suffer from a mental illness. The subject rarely comes up when parents gather at the playground. Centuries of ignorance and stigma create an uneasy silence that nobody wants to break. So if you are worried, you may feel as if no one else understands.

Nearly one in five Canadian children and adolescents will suffer from a mental disorder serious enough to hold them back emotionally, socially or academically¹. Early intervention can



head off needless pain and equip a young person with coping skills that last for a lifetime. But fewer than 10 per cent of kids who need specialized mental health treatment are actually getting it. A child in trouble must have an advocate: you.

As with any physical illness, you have parental instinct on your side. Says Dr. David Wolfe, RBC® chair of Children's Mental Health Advisory Panel at the Centre for Addiction and Mental Health and chair of the RBC Children's Mental Health Project, "You know your kid. If he's been a fairly happy kid and is suddenly struggling at school and losing friendships, you have to ask if something's going on."

Here is how to keep a sense of purpose and perspective while helping your child get back on track.

• **ASSESS THE SITUATION.** Is your child's problem internal, such as

depression, or environmental, such as bullying? A child who seems cheerful at home but panics at the thought of school is more likely to be facing an environmental problem, suggests Wolfe.

• **TALK TO YOUR CHILD.** Be specific. Kids clam up at questions like, "Is everything OK?" You might ask, "Is

anyone hurting you? It's OK to tell me. I'm here to help you." Don't rush this conversation. A child who shares a confidence and doesn't feel heard may not raise the issue again.

• **GET THE BIG PICTURE.** Talk to the teacher, a coach or anyone else who knows your child. Have they noticed anything different lately? What seems

Phase or illness?

At the worst moment on a bad day, any child looks not unlike a child with a mental illness.

But a healthy child will be back on track within two weeks or less, with no harm done to friendships, family life or school performance. In other kids, a disabling pattern sets in.

Be alert for these warning signs:

- Mood changes such as deep sadness or withdrawal;
 - Extreme behavioural changes such as hurting or threatening others;
 - Fears or worries that interfere with daily life;
 - Trouble concentrating, especially at school;
 - Sudden loss of weight or appetite, indicating a possible eating disorder;
 - Abuse of drugs or alcohol to self-medicate;
 - Endangering or harming oneself, a spectrum of behaviours from cutting to suicide attempts.
- If your child is talking of suicide, don't wait and see — take immediate action. If your child threatens, call 911.

to trigger it? Listen for observations, not amateur diagnoses (a teacher can tell you that your child is clowning instead of paying attention, but only a specialist can tell you that the reason is ADHD). Once you have covered the bases, consult your family doctor.

• **KEEP AN OPEN MIND.** Your child may need specialized treatment. Ask lots of questions — while a prescription isn't a cure-all, it might help your child to focus.

• **HAVE HOPE.** Most kids get better with the right treatment, and your role is no less important. What boosts your child's spirits or relieves her stress? Listening to a favourite song? Writing in a journal? Help her find the tools and encourage her to use them.

Rona Maynard is an author, speaker, mental health advocate and former Editor of Chatelaine.

RBC® supports children's mental health

Since 2008, the RBC Children's Mental Health Project has donated more than \$16 million to more than 200 organizations across Canada. You can help us help children. Visit rbc.com/childrensmentalhealth and test your knowledge of children's mental health.

For every completed quiz, we will give \$2 to Kids Help Phone³, a free, confidential counselling service for youth nationwide.

³ To a maximum donation of \$50,000.



RBC
Children's Mental
Health Project

Laughing for mental health

A child's pain casts a shadow on a home. What helps?

Ron Myers, a Toronto psycho-therapist from Ceridian Canada who counsels kids and families, comes straight to the point: "Fun!"

Myers is a firm believer in water fights and food fights (he is a proud veteran of both as a father and a

grandfather). Agree on a time limit, set clear rules and cut loose. Myers also urges families to plan a sit-down dinner once a week, no matter how frantic life gets. "Kids talk first," he says. The more you listen, the better you will know them. There is no more powerful reminder of why you became a parent.

This is a special feature brought to you by the RBC Children's Mental Health Project. Visit rbc.com/childrensmentalhealth to view the entire series.

Supersonic. Ill winds blow, so skydiver puts off 37-kilometre free fall

Extreme athlete Felix Baumgartner cancelled his planned death-defying 37-kilometre free fall Tuesday because of high winds.

It was the second time this week he has been forced to postpone his quest to be the first supersonic skydiver.

The former military parachutist from Austria had planned to ride a pressurized capsule carried aloft by a 55-storey, ultra-thin helium balloon into the stratosphere, and then jump in a specially designed suit.

Because the balloon is so delicate, it can only take flight if winds are 3.2 km/h or

Tempting tragedy

What are the risks? One is called "boiling blood":

- **Lethal.** Any contact with the capsule when he jumps into space can tear his pressurized suit. The extreme cold can then cause lethal bubbles to form in his blood and bodily fluids.

below. Baumgartner, 43, was suited up when video showed winds whipping the balloon around. **THE ASSOCIATED PRESS**

Don't panic: Official

The 'brain-eating amoeba' kills 10

A waterborne parasite commonly known as "brain-eating amoeba" has killed 10 people in Pakistan, an official says.

The amoeba lives in warm, unclean water and can infect the human nerv-

ous system, though this is rare. In those cases it can lead to death in a week.

Musa Khan, in charge of the WHO's Disease Early Warning System in Pakistan, said the deaths were reported in Karachi. He said people get the disease by swimming in dirty water or cleaning their nostrils with contaminated water.

THE ASSOCIATED PRESS

Sex predator Sandusky will end his days in jail

A 30- to 60-year term.

U.S. judge calls him dangerous and says he betrayed children and abused their trust

Reviled ex-football icon Jerry Sandusky was sentenced Tuesday to at least 30 years in prison — effectively a life sentence.

But he was defiant to the end in the child sexual-abuse scandal that brought shame to Penn State.

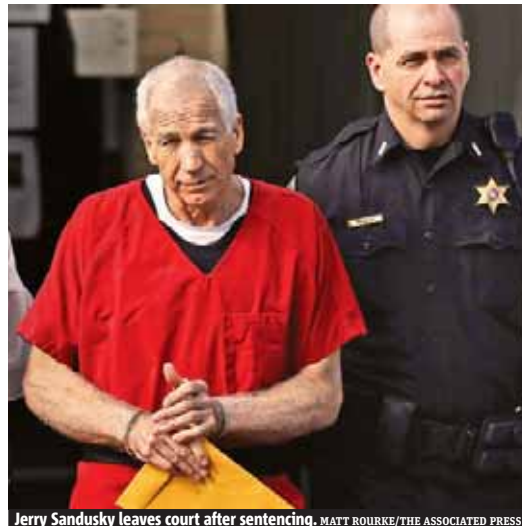
"In my heart I know I did not do these ... disgusting acts," he told a Pennsylvania court.

He also gave a rambling statement in which he talked about his life in prison and the pain of being away from his family.

"I've forgiven, I've been forgiven," he said.

"I've comforted others, I've been comforted. I've been kissed by dogs, I've been bit by dogs.

"I've conformed, I've also



Jerry Sandusky leaves court after sentencing. MATT ROURKE/THE ASSOCIATED PRESS

been different. I've been me. I've been loved, I've been hated."

Three victims spoke, often fighting back tears. One looked Sandusky in the eyes at times. Two of the men exchanged a long embrace after

court was adjourned.

The 68-year-old former Penn State assistant coach was found guilty in June of 45 counts of child sexual abuse, convicted of molesting 10 boys over a 15-year period.

THE ASSOCIATED PRESS

Canadian cases

The Jerry Sandusky case has sent ripples of revulsion into Canada.

- **The James scandal.** Two of former junior hockey coach Graham James' sexual-abuse victims say they would like Canada to follow the U.S. in handing out harsh sentences to sexual predators.

- **Fleury.** Former Calgary Flames forward Theo Fleury says it's important to send a message that child sexual abuse is not taken lightly. He blames the federal government for a lack of leadership.

- **Kennedy.** Sheldon Kennedy would like tougher sentences as well. But he says longer jail terms are not the only answer. Canada, he says, is on the right track by educating the public.

PLANTING NATIVE TREES:
A manly way to get The Manly Look.

Bring nature back to your city. Get involved at EVERGREEN.CA

Be who you want to be

Discover your potential tonight at 6pm...

Taliban gunman shoots teenage activist

Pakistan. 14-year-old who championed education of girls and publicized atrocities expected to survive

Fourteen-year-old Malala Yousufzai was admired across a battle-scarred region of Pakistan for exposing the Taliban's atrocities and advocating for girls' education in the face of

religious extremists. On Tuesday, the Taliban nearly killed her to quiet her message.

A gunman walked up to a bus taking children home from school in the volatile northern Swat Valley and shot Malala in the head and neck. Another girl on the bus was also wounded.

The young activist was airlifted by helicopter to a military hospital in Peshawar. A doctor in the city of Mingora, Tariq Mohammad, said her wounds weren't life-threatening, but a

provincial information minister said after a medical board examined the girl that the next few days would be crucial.

Malala began writing a blog when she was just 11 under the pseudonym Gul Makai for the BBC about life under the Taliban, and began speaking out publicly in 2009 about the need for girls' education — which the Taliban strongly opposes. The extremist movement was quick to claim responsibility for shooting her.

Speaking out

In her BBC blog, Malala wrote about not wearing her uniform to school after officials warned it might attract the Taliban's attention.

"This was a new chapter of obscenity, and we have to finish this chapter," said Taliban spokesman Ahsanullah Ahsan.

THE ASSOCIATED PRESS



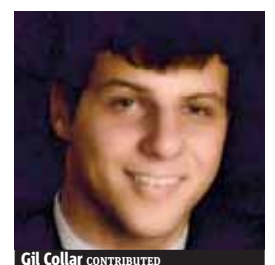
Malala Yousufzai is transported to a helicopter in Mingora, Pakistan, on Tuesday, to be taken to Peshawar for treatment. A Taliban gunman walked up to a bus and shot and wounded the 14-year-old activist known for championing the education of girls. SHERIN ZADA/THE ASSOCIATED PRESS

Shooting. Alabama student killed by campus police wasn't armed

A nude University of South Alabama freshman had taken LSD and assaulted others before he chased the campus police officer who fatally shot him, authorities said Tuesday, though the student wasn't armed.

Mobile County Sheriff Sam Cochran said at a news conference that 18-year-old Gil Collar took the drug during a music festival Saturday before assaulting two people in vehicles and attempting to bite a woman's arm.

Authorities said Collar then went to the campus police headquarters, where he was



Gil Collar CONTRIBUTED

shot by university police officer
Trevis Austin. Austin is on leave
while investigators review the
shooting. **THE ASSOCIATED PRESS**

Human rights

Pussy Riot up for EU award

The European Parliament included Russian punk band Pussy Riot among its finalists for the European Union's Sakharov human rights prize on Tuesday.

Three members of the Pussy Riot band have been given a two-year prison sentence for hooliganism after they performed a "punk prayer" against President Vladimir Putin at Moscow's main cathedral.

The sentence provoked an international outcry that has embarrassed the government of President Vladimir Putin.

THE ASSOCIATED PRESS

Ecuadorean Embassy

Lady Gaga visits WikiLeaks chief

Ecuador's Embassy in London says WikiLeaks boss and would-be refugee Julian Assange has had a celebrity visitor: Lady Gaga.

On Monday the 26-year-old American superstar singer posted a photograph of herself standing next to the 41-year-old Australian to her littlemonsters.com website with the caption: "No headline."

An embassy visit would've been convenient: The singer was just down the street at Harrods department store to promote her new perfume, *Lady Gaga Fame*.

THE ASSOCIATED PRESS



TOYOTA 2012 FACTORY EVENT CLEAROUT

Amazing offers on all remaining 2012 Camrys

2012 Camry LE
2012 IIHS Top Safety Pick

LEASE FROM
\$315*
FINANCE FROM
0.9%**

Plus tax.
Per mo.
/60 mos.

WITH
\$0
DOWN



2012 Camry XLE
model shown

NOW EXTENDED

1% LOYALTY RATE REDUCTION

As a current Toyota owner, you can get an exclusive 1% rate reduction on our best rates when you lease or finance a 2012 Camry with Toyota Financial Services.**

For these, and other amazing offers, visit your local Atlantic Toyota dealer.

[facebook.com/toyotaatlantic](https://www.facebook.com/toyotaatlantic)



TOYOTA
make things better

*2012 Camry LE (Model 89147-A) lease based on a low mileage 60 month walk away lease, 100,000 kms and a lease rate of 2.9%. First lease payment due on delivery. Total lease obligation of \$18,900 with \$0 down. Purchase option price of \$9,954. Lease includes a maximum of \$1,503 for freight and P.D.I. Taxes, license, insurance, and registration not included. **Finance example: \$20,000 at 0.9% per annum equal \$341.01 per month for 60 months. C.O.S. is \$460.60 for a total obligation of \$20,460.60. Leasing/financing plans from Toyota Financial Services. Lease and Finance offers valid on retail delivery of new unregistered 2012 Camry when purchased/leased, registered and delivered between October 2, 2012 and October 31, 2012. Individual dealer may sell/lease for less. ***1% rate reduction offer is available to current registered retail owners/lessees of a Toyota branded vehicle (registered and insured in Canada prior to October 2, 2012) when they purchase finance or lease and take registered retail delivery of a new 2012 Toyota Camry between October 2, 2012 and October 31, 2012, through Toyota Financial Services on approved credit. Proof of current address and registration/insurance/lease required. Rate reduction is limited to a maximum of 0.9%. Offer not available to TCA/TMMC/TCIA employees/contractors, TMMC Vehicle Purchase Plan participants, fleet customers and graduate program customers. Offer not combinable with cash customer incentives. Limit of one offer per registered owner/lessee per registered vehicle. No more than one offer may be used towards this purchase finance/lease of a single new vehicle. Current vehicle owner/lessee must be named as owner/co-owner or lessee/co-lessee of new vehicle. Dealer order/trade may be necessary. Offer subject to change without notice. See your dealer for complete offer details. Offers subject to change/cancellation without notice.

Body of work nets dancer a green card

Science, athletics and ... burlesque?
Canadian earns immigrant status in U.S. for her 'extraordinary ability'

Bettina May can shimmy like nobody else and she's convinced U.S. immigration authorities of it.

The Canadian burlesque performer and pin-up model managed to get her U.S. green card as a "resident alien of extraordinary ability," a category reserved for scientists, IT specialists, athletes, celebrities and someone "unique in their field."

Her first plans now that she has landed immigrant status in the United States? A trip home to Victoria, B.C.

"First and foremost, it means I can come back to Canada to see my parents. I haven't been able to go home for two and a half years," May said while she was waiting for her green card.

Leaving the U.S. would have meant "a very slim chance of getting back in," she said.

May launched her career, based on her vintage 1940s style, in Canada 10 years ago as a pin-up model and moved to New York in 2009.

Self-employed, she sponsored herself in her application to stay in the U.S.

"New York is the best city in the world for burlesque and I can make a living here. But



Bettina May CONTRIBUTED

Toronto also has an awesome burlesque scene," she said. "Now I'll be able to visit the other half of Canada and know I can come back to New York."

She also runs "pin-up

class workshops" that teach women the art of makeup and hair styles that harken to the Second World War glamour girl era.

TORSTAR NEWS SERVICE

Tainted beef. XL Foods says safety problems fixed at Alberta plant

The owners of the Alberta plant involved in the massive recall of beef products says it has fixed all the problems that forced food safety officials to shut it down.

Inspectors from the Canadian Food Inspection Agency were in Brooks, Alta., Tuesday for a pre-inspection of the facility that processes more than one-third of Canada's beef.

Brian Nilsson, CEO of XL Foods Inc., says it has completed all the corrective actions the agency requested since it was closed on Sept. 27 due to problems including the

management of E. coli risk, maintenance and sanitation.

In a release, he also says the company deeply regrets the illnesses caused by the eating of beef products.

The number of illnesses linked to beef from the plant stands at 11 people from four provinces.

Agriculture Minister Gerry Ritz says the pre-inspection is only the first of a multi-stage process XL Foods must go through before it will be allowed to resume operating and no date has been set for it to reopen.

THE CANADIAN PRESS

Singer debuts as first female Afghan rapper

"Listen to my story! Listen to my pain and suffering!" Afghanistan's first female rapper Sosan Firooz pleads into her microphone.

With her first rap song, the outspoken 23-year-old singer is making history in her homeland, where society frowns on women who take the stage. She is already shunned by some of her relatives.

But for Firooz, the best way to express herself is through rap, a musical genre that is just starting to generate a following in Afghanistan.

She sings about repression of women, her hopes for a peaceful Afghanistan and the misery she says she experienced as a small child living in neighbouring Iran.

Her family fled there during the Afghan civil war of the 1990s and the hardline Taliban regime's rise to power in 1996. During her five-year stay, she said the Iranians looked with disdain on Afghan refugees.

"I remember while we were in Iran, we were called 'dirty Afghans' and told to go to the back of the line at the bakery," said Firooz, who also spent time as a refugee in Pakistan and returned to



Rapper Sosan Firooz sings in a studio in Kabul, Afghanistan. The 23-year-old singer is making history in her homeland, where society frowns on women who take the stage. AHMAD JAMSHID/THE ASSOCIATED PRESS

Afghanistan with her family seven years ago.

"What is the result of Afghans being refugees in Iran and Pakistan?" she raps in Dari, one of Afghanistan's two main languages. "Half of them are addicts and the other half are terrorists!"

So far, the song titled Our Neighbors has only been re-

leased on YouTube, with a video that shows a series of pictures of Firooz posing in hip-hop style gear, with jeans, dangling chains and bracelets. In some, she wears a bandana with skulls, but her long hair flows freely, with no headscarf — a rarity among Afghan women, including the few female singers. THE ASSOCIATED PRESS

*At Maritime
Business
College
You'll be
ready*

Discover your potential tonight at 6pm...

'Excessively punitive'

UN targets feds' justice reforms

The federal government's tough-on-crime agenda is "excessively punitive" for youth and a step backwards for Canada's child rights record, says a United Nations group.

The committee says Canada's Youth Criminal Justice Act complied with international standards until changes were introduced earlier this year.

The Harper government's Bill C-10, which includes stiffer penalties for youth and makes it easier to try them as adults, no longer conforms to the child rights convention.

THE CANADIAN PRESS

Woman hopes memoir will help her escape Polanski's shadow

New insights.

Samantha Geimer penning tell-all on Polanski case and life afterward

The former teen whom Roman Polanski was convicted of having sex with — leading to the director's flight from the U.S. — is writing a memoir.

Samantha Geimer, now 47, has a deal with Atria Books for *The Girl: Emerging from the Shadow of Roman Polanski*. Atria announced Tuesday that the book will come out next fall. According to Atria, Geimer provides "insight into many dimensions of the story that have never previously been revealed."

"I am more than 'Sex Victim Girl,' a tag the media pinned on me," Geimer, who long ago identified herself as Polanski's victim, said in an Atria release. "My friends in junior high, scolded by their parents to stay away from that girl, also labelled me. I offer my story

No labels

"I have been dogged by tired thinking and easy tags nearly my entire life. I am not a stick figure."

Samantha Geimer, in an Atria Books release.

now without rage, but with purpose — to share a tale that in its detail will reclaim my identity."

Geimer's attorney, Lawrence Silver, will add "his insights on the many fascinating and even shocking legal aspects of the story" to the book.

Polanski was accused of plying Geimer with champagne and part of a Quaalude during a 1977 modelling shoot at Jack Nicholson's house and raping her. He pleaded guilty to one count of unlawful sexual intercourse.

In exchange, a Los Angeles judge agreed to drop the remaining charges and sentence him to prison for a 90-day psychiatric evaluation. He was



Roman Polanski, seen here at the 65th Cannes Film Festival, is a major player in a new book by Samantha Geimer, pictured arriving at the premiere of the documentary *Roman Polanski: Wanted and Desired*. LEFT: JOEL RYAN; RIGHT: PETER KRAMER/THE ASSOCIATED PRESS



released after 42 days by an evaluator who deemed him mentally sound and unlikely to offend again, but the judge threatened further sanctions and Polanski fled the United States.

The 79-year-old Polanski, whose films include *Chinatown* and *Rosemary's Baby*, is restricted by an Interpol warrant in effect in 188 countries, but he moves freely between Switzerland and France. He was freed

from Swiss house arrest in 2010 after the government refused to deport him to the United States.

Geimer sued Polanski in December 1988, alleging sexual assault, intentional infliction of emotional distress and seduc-

tion. In 1993, Polanski agreed to pay her \$500,000 to settle the lawsuit, although years later it was unclear if he actually paid. She has said that she forgives him and has joined his bid for dismissal. **THE ASSOCIATED PRESS**

SO MUCH PERFORMANCE. SO LITTLE FUEL. SKYACTIV TECHNOLOGY

5.7 L/100km
Highway
50 mpg*
7.8 L/100km
City
36 mpg*

2013 CX-5

Purchase from
\$22,995*



GT model shown

4.9 L/100km
Highway
58 mpg*
7.1 L/100km
City
40 mpg*

2012 MAZDA3

Finance from
\$124^{††} AT 1.99% APR
bi-weekly for 84 months with \$0 down
Freight and P.D.E. (\$1,695) included.



GS-SKY model shown

Only one company is so obsessed with the future of driving, that it's revolutionizing everything. Mazda... With SKYACTIV TECHNOLOGY Mazda vehicles are lighter, yet stronger... More fuel efficient without compromising performance. The future of driving is here.

OR TAKE ADVANTAGE
OF GREAT OFFERS ON
SELECT 2012 MODELS...

0%
PURCHASE
FINANCING[†]

FOR
UP TO

84
MONTHS

OR

UP TO
\$5,000

IN CASH
DISCOUNTS^Q

2012
MAZDA3

Finance from
\$104^{††} AT 1.99% APR
bi-weekly for 84 months
with \$0 down
Freight and P.D.E. (\$1,695) included.

GX model shown



GT model shown

Purchase for
\$17,950*

2012
MAZDA5

Cash Discount, Freight and P.D.E. (\$1,795) included.

2012
MAZDA6

0%
Purchase
Financing
for 84 months
\$1,000^Q
CUSTOMER
BONUS CASH^Q
Freight and P.D.E. (\$1,695) included.

GT-I4 model shown



GT model shown

UP TO
\$5,000
CASH DISCOUNT^Q

2012
CX-9

HURRY IN! OFFERS END OCTOBER 31ST OR WHILE SUPPLIES LAST.

ONLY AVAILABLE AT YOUR MAZDA DEALER. VISIT MAZDA.CA FOR MORE DETAILS.

WHAT DO YOU DRIVE?

zoom-zoom



*Purchase from pricing for new 2013 CX-5 GX (NVXK63AA00) is \$22,995. Offer excludes freight, P.D.E. and fees. PST/GST/HST. Cash purchase price for new 2012 Mazda5 GS (E6SD62AA00) is \$17,950, which includes cash rebate of \$4,000 and cannot be combined with other offers. Offer includes freight, P.D.E. and fees. Offer excludes PST/GST/HST. †0% APR Purchase Financing is available on select new 2012 Mazda vehicles and cannot be combined with Mazda Discount Cash offers. Terms vary by model. Based on a representative agreement using an offered pricing of \$24,890 for the new 2012 Mazda6 GS-I4 (G4SY62AA00) with a financed amount of \$20,000, the cost of borrowing for an 84-month term is \$0, monthly payment is \$238.10, total finance obligation is \$20,000. Offers include freight, P.D.E. and fees. Offer excludes PST/GST/HST. ††Financed Pricing for new 2012 Mazda3 GS-SKY (D4SK62AA00)/2012 Mazda3 GX (D4XS52AA00) is \$21,040/\$17,590 financed at 1.99%/1.99% over 84/84 months equals bi-weekly payments of \$124/\$104 with \$0/\$0 down payment, cost of borrowing is \$1,501/\$1,260 with a total obligation of \$22,541/\$18,850. Offers include freight, P.D.E. and fees. Offer excludes PST/GST/HST. QCash Discount Offers available on select 2012 Mazda models and cannot be combined with finance offers. Cash discounts vary by model/trim level. Cash Discount Offer as follows: maximum \$5,000 on all 2012 CX-9 models. See dealer for complete details. \$1,000 Customer Bonus Cash is available on retail purchase/lease of all new, in-stock 2012 Mazda6 and 2012 CX-9 models from October 1st - 31st, 2012. \$1,000 Customer Bonus Cash is deducted from the negotiated selling price before taxes and can only be applied against the purchase price/lease of a new 2012 Mazda6 or 2012 CX-9 model. No cash surrender value. Visit mazda.ca or see your dealer for complete details. ‡5.7 L/100 km (50 MPG) Highway/7.8 L/100 km (36 MPG) City - Based on ENERGYGUIDE Fuel Consumption Rating for the 2013 CX-5 with 6-speed manual transmission. ‡4.9 L/100 km (58 MPG) Highway/7.1 L/100 km (40 MPG) City - Based on ENERGYGUIDE Fuel Consumption Rating for the 2012 Mazda3 GS-SKY sedan with 6-speed automatic transmission. These estimates are based on Government of Canada approved criteria and testing methods. Actual fuel consumption may vary. MPG is listed in Imperial gallons. PPSA, licence, insurance, taxes and down payment are extra and may be required at the time of purchase. Dealer may sell/lease for less. Dealer order/trade may be necessary on certain vehicles. Lease and Finance on approved credit for qualified customers only. Offers valid October 2nd - 31st, 2012 while supplies last. Offers subject to change without notice. Visit mazda.ca or see your dealer for complete details.

IMF forecasts weaker growth for world economy

Sluggishness spreads. Quarterly update sees malaise expanding to more dynamic emerging economies

Plagued by uncertainty and fresh setbacks, the world economy has weakened further and will grow more slowly over the next year, the International Monetary Fund says in its latest forecast.

Advanced economies are risking recession while the economic malaise is spreading to more dynamic emerging economies such as China, the international lending organization says in a quarterly update of its World Economic Outlook.

The IMF forecasts that the world economy will expand 3.3 per cent this year, down from its estimate of 3.5 per cent growth issued in July. Its forecast for growth in 2013 is 3.6 per cent, down from 3.9 per cent three months ago and 4.1

Canadian outlook

- The IMF projected growth in Canada this year of 1.9 per cent, improving slightly to two per cent in 2013.
 - That compared with the July forecast that saw growth at 2.1 per cent for 2012 and 2.2 per cent for 2013.
- per cent in April.
- For the United States, the IMF raised its growth forecast slightly, to 2.2 per cent this year from two per cent in July. For 2013, though, it expects U.S. growth of 2.1 per cent, down from 2.3 per cent.
- The IMF said growth in Canada has been constrained by the sluggish U.S. economy.
- THE ASSOCIATED PRESS**



Japanese Minister for Reconstruction Tasuo Hirano speaks during the opening of the Sendai Dialogue, a special event on managing disaster risk that is being held in Sendai, Japan, ahead of the annual meetings of the International Monetary Fund and the World Bank Group. KOJI SASAHARA/THE ASSOCIATED PRESS

Revision. UN says 1B-hungry-people projection was off

The United Nations now says its 2009 headline-grabbing announcement that one billion people in the world were hungry was off-target and that the number is actually more like 870 million.

The UN Food and Agriculture Organization blamed flawed methodology and poor data for the bum projection, and said it now uses a much more accurate set of parameters and statistics to calculate its annual estimate of the world's hungry.

FAO issued its 2012 state of food insecurity report on Tuesday, and its core point was to set the record straight about the number of the world's undernourished people, applying the more accurate data retroactively back to 1990.

And the good news, FAO

By the numbers

2015

The UN Food and Agriculture Organization said if the right action is taken now to boost growth and invest in agriculture, particularly in poor countries, the UN goal of reducing by one-half the number of the world's hungry people by 2015 is very much within reach.

said, is that the number of hungry people has actually been declining steadily over the past two decades, although progress has slowed since the 2007-08 food crises and the global economic downturn.

To be sure, 870 million hungry people is still far too many hungry people, said the heads of the three UN food agencies in a forward to the report. **THE ASSOCIATED PRESS**

Entrepreneurship

Boomers set on startups: Poll

A new survey from TD Canada Trust suggests baby boomers have one more career move in them before they retire — they want to run their own business first. The survey found 54 per cent of boomers polled have or are considering starting a firm, whether it's consulting, buying into a franchise or operating a specialty firm.

THE CANADIAN PRESS

BB10 deliveries

RIM shares fall on analyst report

Research In Motion shares are down 5.5 per cent after an analyst said the next generation of BlackBerrys won't hit shelves until March. Jeffries and Co. analyst Peter Misek told business TV channel BNN that timing would delay any potential licensing deals. Some observers had anticipated a January or February release.

THE CANADIAN PRESS

Market Minute



DOLLAR
102.19¢
(+0.03¢)



TSX
12,273.57 (-145.42)



OIL
\$92.39 US (+\$3.06)



GOLD
\$1,765 US (-\$10.70)

Natural gas: \$3.47 (+6.4¢)
Dow Jones: 13,473.53 (-110.12)



Discover Who You Want to Be

Discover your potential.
Join us tonight for our
Open House 6-8pm

Learn about our programs,
meet our instructors.

Vet Assistant | Paralegal
Small Business | Medical Admin
Accounting | Office Admin

Classes Start November 5

**Fast Track Your Future
in 10 Months or Less**

MaritimeBusinessCollege.ca
145 Ochterloney Street, Dartmouth
463-6516



IT'S A GOURD THING THERE'S PUMPKIN PIE



JUST SAYIN'
Paul Sullivan
metronews.ca

Who says we're not making progress?

My first journalistic assignment, back in 1812, was to head out to the pumpkin patch and interview some

farmer who was trying to grow the world's largest pumpkin.

It was some pumpkin, all right. About 900 pounds. That's a lot of pie.

He was getting ready to haul it to the World's Largest Pumpkin Olympics, or something like that. Sadly, he was defeated by his arch rival who managed to coax an extra few pounds out of his giant gourd.

Since then, the record has been eclipsed annually, and this year, the world-record pumpkin passed the magic one-ton barrier (imperial measurement, please; these guys are traditionalists), as the pride and joy of Rhode Island, farmer Ron Wallace, weighed in at 2,009 pounds.

That's more than twice as much pie.

While pumpkin pundits debate the upper limit and wonder if there is one, it's time to stand back and ask the obvious question: Who cares?

Well, this is not a question you ask around the HQ of the World Pumpkin Confederation or the Yugoslav Gourd Lovers Society, and certainly not at the 1100 Club, populated exclusively by guys who have broken the 1,100-pound barrier.

Frankly, only its grower could love a giant pumpkin. After all, it just sits there, spilling over the scale like Jabba the Hut. It bears no resemblance to those satisfying symmetrical squashes that you cluster across your doorstep. Those are grown by interior designers with bow ties. Hipster pumpkins.

No, growing a one-ton pumpkin is horticultural brute force. You can literally watch them getting larger: 40-50 pounds a day during peak growing season. It takes up to 160 days to grow one of these babies, so you have to start them indoors. And in the fall, when the threat of early frost increases, you'll spend your nights in the patch with your great pumpkin, trying to prevent a pumpkin freezie. Like Linus from Peanuts.

Everything has to be just so: soil, fertilizer, water, disease and pest control, not to mention the correct amount of shade and sunlight.

Of course, Ron Wallace, who also grew the world's biggest in 2006 (a 1,502-pounder), keeps his technique top-secret, which leads you to wonder if Ron's growing his pumpkins around a giant lead weight.

There's more at stake here than mere bragging rights around the Hot Stove League. Wallace has wrested the world title away from Canadians Jim and Kelsey Bryson from Ormstown, Que., who grew an 1,818.5-pounder in 2011.

For one brief shining moment, Canada and giant pumpkins were synonymous.

And, if we adjust the pH balance and the calcium content, 2013 pounds in 2013 is in our grasp! Be like Linus and believe. And keep your fork, because whatever else happens, there will be pie.



Ron Wallace, of Rhode Island, celebrates after tipping the scales with his 2,009-pound record-breaking pumpkin during the New England Giant Pumpkin Weigh-Off at the Topsfield Fair in Topsfield, Mass., Friday, Sept. 28.

PAUL BILODEAU/THE EAGLE-TRIBUNE/THE ASSOCIATED PRESS

Lunch – 100 million years ago



OREGON STATE UNIVERSITY

A stone's throw away

Ancient spider attack fossil found

Scientists have discovered an amazing prehistoric fossil of a spider about to devour a wasp caught in its web.

The preserved event took place in the Hukawng Valley of Myanmar in the Early Cretaceous period between 97-110 million years ago, a time when almost certainly dinosaurs were roaming nearby, scientists say.

METRO

Expert's viewpoint



"This was the wasp's worst nightmare.

The wasp was watching the spider just as it was about to be attacked, when tree resin flowed over and captured both of them."

George Poinar Jr.
Oregon State University entomologist

Amber fossilizes

How tree resin captures the past

The tree resin that forms amber is renowned for its ability to flow over flora and fauna, preserving them in near perfection before it later transforms into a semi-precious stone.

At least 15 unbroken strands of spider silk run through the amber piece, and on some of these the wasp was trapped. This is the first fossil ever discovered of a spider attack, scientists note.

METRO

Long, long ago

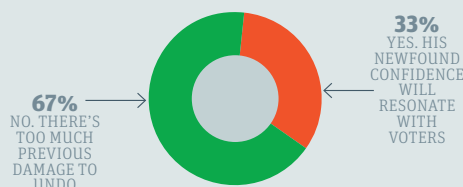
100

million years ago is the approximate time when this spider-wasp encounter occurred. Spiders are ancient invertebrates that researchers believe date back some 200 million years, but the oldest fossil evidence ever found of a spider web is only about 130 million years old. A report about the discovery by Poinar and his team appears in the October edition of journal *Historical Biology*.



Register at metropolitanpanel.ca and take the quick poll

Do you think U.S. presidential contender Mitt Romney will see a first-debate bump?



Twitter

@ryancorey3:
@DeMar_DeRozan man thanks for the autograph on my sneakers in halifax this weekend! means alot!

@DaveBoyce:
Voted for the #Halifax election today electronically...don't know if I did it right, but good luck to that #Obama fellow!

@lo_ann7:
Didn't know men still existed in Halifax that ask you out and not

over for a movie #respect #gownman

@novascotiaraasta:
I'm testing the efficiency of #Cellular Coverage in #HRM today, so if I don't respond, it means there is still none outside #Halifax.

@adriancyb:
Watching a basketball friendly match between Halifax Rainmen and Saint Mary's University.

Who made the best bond?



"I think it's got to be Connery ... because as soon as I was of that age, he was really starting as well. And I just identify Connery with that role. It's always been a great piece of escapism."

Bryan Cranston, star of *Breaking Bad*.



"I think *Casino Royale* was really excellent, and I think Daniel is a brilliant Bond, wonderful. A Bond for now, in our world. He's wonderful."

Ralph Fiennes, star of the new Bond flick *Skyfall*.

More online



- Visit metronews.ca for more James Bond coverage, including a look at the newest film, *Skyfall*.

The top 12 Bond girls

There's 56 Bond girls out there (give or take), and we've ranked the sexiest. Sexist? Hey, so are the films.

METRO WORLD NEWS

1. Honey Ryder

Ursula Andress, *Dr. No*

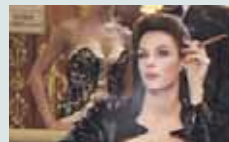
The Swiss miss set the standard for all future Bond girls: she wore a bikini and carried a knife.



2. Pussy Galore

Honor Blackman, *Goldfinger*

We concur with Bond, who says, when told her name, "I must be dreaming."



3. Xenia Onatopp

Famke Janssen, *GoldenEye*

She crushes an old man during sex. She hijacks a helicopter. She puts the fatal in femme fatale.



4. MayDay

Grace Jones, *A View to a Kill*

Bond was an equal opportunity ladies man, and wasn't scared off by the statuesque Jones.

5. Mary Goodnight

Britt Ekland, *The Man with the Golden Gun*

The Swedish bombshell became famous for being with two men: Bond, and her husband, Peter Sellers.



6. Helga Brandt

Karin Dor, *You Only Live Twice*

She ties Bond down to a chair, and threatens him with some makeshift plastic surgery, holding a knife. Then she kisses him. Deeply. Many times.



7. Solitaire

Jane Seymour, *Live and Let Die*

The first psychic Bond girl? Surely that's worth something.

8. Jinx

Halle Berry, *Die Another Day*

An Oscar-winning Bond girl: Was that a first? Nope. See number 12.



9. Vesper Lynd

Eva Green, *Casino Royale*

A modern-day love interest for modern times. Her back-and-forth with Bond on a train has more sparks than any bedroom scene.



10. Magda

Kristina Wayborn, *Octopussy*

She has an octopus tattoo in a film called *Octopussy*. How could we not include her?



11. Anya Amasova

Barbara Bach, *The Spy Who Loved Me*
This *New Yorker* called Bond a "chauvinist pig who uses girls to shield him against bullets."



12. Domino Petachi

Kim Basinger, *Never Say Never Again*

She's not the only Bond girl to have an Oscar but she is the blondest.



Escape thrillers more than escapism

New movie. Ben Affleck's *Argo* joins a long list of movies that make the big break-out sequence their main thrust



IN FOCUS
Richard Crouse
scene@metronews.ca

It's no spoiler to tell you the action in *Argo*, the new thriller starring and directed by Ben Affleck, centres around a daring escape. Based on the real life covert operation to free six American diplomats after the seizure of their embassy in Tehran, the movie showcases the cooperation

between Canadian diplomat Ken Taylor and the CIA that led to the film's exciting climax.

Even if you already know how the movie ends — and in this case it's a matter of public record — nothing will keep you on the edge of your seat quite like a daring escape.

The big screen version of *The Fugitive*, starring Harrison Ford as Richard Kimble, a wrongly accused man on the lam from the law, is essentially one big escape sequence. The most famous is the crash between Kimble's prison transport van and a freight train. To film the scene where the wanted man makes his way out of the twisted wreck they actually crashed a van into a train, although the image of Ford jumping from the ruin was added later.



Ben Affleck stars as Tony Mendez in the escape flick *Argo*. HANDOUT

Not surprisingly, some of the best escape movies tip their hand by including the word escape in the title.

The Great Escape sees Steve McQueen lead a cast of Second World War allied POWs who arrange a mass escape from a German camp. Motorcycle enthusiast Mc-

Queen refused to sign on to do the movie until a cycle chase was included in the script. The director agreed, and when the scene was shot even allowed McQueen to ride along as a German soldier. In the final, edited sequence McQueen, in disguise, is seen chasing after himself.

Based on a true story, *Escape from Alcatraz* starred Clint Eastwood as one-third of a team who staged the only successful escape from the island prison. Many of the dangerous looking stunts in the film were as risky as they looked. Director Don Siegel insisted the actors do their own stunts, but twice feared his stars had been lost to the strong currents of San Francisco Bay.

Finally, in *Escape from New York*, the city is transformed into a giant maximum-security prison. The twist is one of the prisoners is hired, after the President's plane crashes, to get the Commander-In-Chief out safely. In this one *The Great Escape* alum Donald Pleasence plays the president, although it's never explained why the U.S. leader has an English accent.

2 SCENE



Jennifer Aniston

Aniston showing off giant gem on ring finger

Jennifer Aniston is set to marry fiancé Justin Theroux — and she's got the massive engagement ring to prove it. During a recent afternoon out with Theroux in Santa Fe, N.M. — where Aniston is filming *We're the Millers* — the actress showed off a giant gem on her ring finger, according to Us

Weekly. But while the ring may be plenty flashy, don't expect the wedding itself to be, as sources say Aniston is planning a "destination wedding" with close friends, "kind of like eloping with a few friends. There will be the feeling of a vacation, since that's their favourite thing to do."

Gaga following in Bieber's footsteps

Justin Bieber isn't the only pop star with a weak stomach, apparently, as Lady Gaga found herself vomiting three times onstage while performing *Edge of Glory* during a tour stop in Barcelona recently. Gaga pressed on with the show after the episode and later made light of it, posting a link to a fan's YouTube video of the mishap and tweeting, "Was praying nobody saw but actually it's



Lady Gaga

quite a good laugh if you need one!"

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Led Zeppelin refuse to answer reunion questions



THE WORD
Dorothy Robinson
scene@metronews.ca

Don't ask Led Zeppelin if they're getting the band back together.

Numerous reporters tried yesterday at a press conference promoting the release of their concert film, *Celebration Day*, but the British rock gods dodged and weaved. "We've been thinking about all sorts of things. But we can't remember what we were thinking about," quipped lead singer Robert Plant. John Paul Jones, Jimmy Page and John Bonham's son, Jason Bonham, who played drums on the band's one-off 2007 tribute concert for friend and Atlantic Records founder Ahmet Ertegun, were equally mute on the subject (actually, Bonham never commented one way or another on the topic; he just seemed stoked to be there).

"At this time five years ago we were rehearsing



to get to the O2. If you think about the time it gets something like that to get together, it seems unlikely," said Page. He continued: "We were so happy we were getting it right and taking it beyond what we thought we were about that night. To do that four nights a week is a different thing entirely." But they never said never.

So there is still hope for all you Zepp fans out there. And if you do either catch them live or see the film, keep an eye open for the band's facial expressions. "We used to call ourselves 'The Band of Nods' because if you missed a cue you would nod — that had nothing to do with opiates," said Plant. "And now, we've turned into 'The Band of Middle Aged Grins.'"



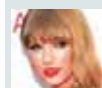
Ben Affleck

Ben Affleck not the hit-and-run type

Ben Affleck isn't just a talented actor and director, he's also a responsible citizen. While running errands in Santa Monica recently, the *Argo* star sideswiped a parked car, knocking off its side mirror, according to Hollywood scoop. But unlike some

Hollywood starlets we could name, Affleck did the right thing by stopping and leaving a note on the car's windshield. The note read, "Hi, knocked off your mirror! Very sorry! Will cover everything — Ben," followed by his contact information.

Twitter



@taylorswift13

I feel like I'd be more understood if people knew 'I Don't Want to Miss a Thing' by Aerosmith is how most of my emotions sound in my head.



@wossy

Good morning ! I am not feeling well. But I can stay indoors all day and drink tea. So there's the silver lining right there.



@justinbieber

i care



@Joan_Rivers

The good news is that self-driving cars are now legal in California. The bad news is that so are the ones driven by Lindsay Lohan.

YOU COULD WIN
A COPY OF **SECRET OF THE WINGS**
FLITTERRIFIC FAIRIES DOUBLE PACK!



To register and for full contest details visit clubmetro.com
Don't forget to like us on Facebook! [facebook.com/clubmetrohalifax](https://www.facebook.com/clubmetrohalifax)
SECRET OF THE WINGS FLITTERRIFIC FAIRIES
DOUBLE PACK AVAILABLE OCTOBER 23RD!



OCTOBER 26-28 HAL-CON.COM



YOU COULD WIN
A RUN OF ENGAGEMENT PASS FOR TWO TO SEE
THE PERKS OF BEING A WALLFLOWER!



IN THEATRES NOW!

To register and for full contest details visit clubmetro.com
Don't forget to like us on Facebook! [facebook.com/clubmetrohalifax](https://www.facebook.com/clubmetrohalifax)

Drink wine in upstate N.Y.

The Finger Lakes region is a lesser-known haven for grape lovers

NOLAN GAWRON
Metro World News

In the Finger Lakes region of upstate New York, there's a growing excitement — literally. Grapes! Wine grapes, to be more specific. The sloping hillsides, lake breezes and a steady summer sun have always provided the picturesque Finger Lakes region with a healthy grape-growing climate. But until recently, the land was primarily used to grow local Concord grapes that were sold to juice companies.

In recent years, younger generations have taken over the family farms and begun experimenting with wine grape varieties. While the yield can be more profitable, the arduous and artistic process is all the more intensive and comes with a higher risk factor. But with continued growth and a respected product that has gained praise and earned prizes all over the world, the shift seems to be working. Now with 109 wineries, the Finger Lakes have helped make New York the third largest wine producer in America.

Even though the area is known for its Cabernet francs, chardonnays, pinot noirs and ice wines, it's riesling that reigns supreme. With a climate similar to its German origins, the varietal has found a second home here. Ranging from dry to sweet, each vineyard in the area produces at least one style of Riesling — some make several — and many have won worldwide Gold Medal honours.



Soak up the wine and the scenery in the Finger Lakes region. ALLEN MCGREGOR/Flickr

Camaraderie over competition

With a wine trail marked by road signs, vineyard tours and tasting rooms, tourism in the Finger Lakes is increasing. And with several wineries adding inns and high-end restaurants to their properties, many are calling the Finger Lakes the next Napa Valley. Vineyard owners in the area, however, are quick to point out a monumental difference — a unified sense of commu-

nity. Here it's camaraderie, not competition, since in this region the vineyard owner is often the farmer, the marketer, the salesman and sometimes even the deliveryman. "If someone needs a forklift, we let them borrow ours," says Ted Marks, proprietor of Atwater Vineyards. "And they would do the same for us. People come from all over the world to work here and can't believe that we want to help each other succeed. We do what we do well. And we do it without pretension."



Is Finger Lakes the next Napa Valley? VISIT-FINGERLAKES/Flickr

3
LIFE

Thanks Carlson Wagonlit !

I thought I had a great deal online until we spoke. You provided me better options & better prices!!

You made my holiday :)

BEFORE
YOU BOOK
ONLINE
CALL
US



ONE DAY SALE!

Wednesday from 9am to 8 pm

October 17th

all Carlson Wagonlit Travel locations!

Exclusive Specials you won't find
anywhere else for one day only!

Carlson
Wagonlit
Travel

HARVEY'S TRAVEL

Spring Garden Place 425-3200
Bayers Lake Park 450-5140
14 Court St., Truro 897-2699

BROOKS TRAVEL

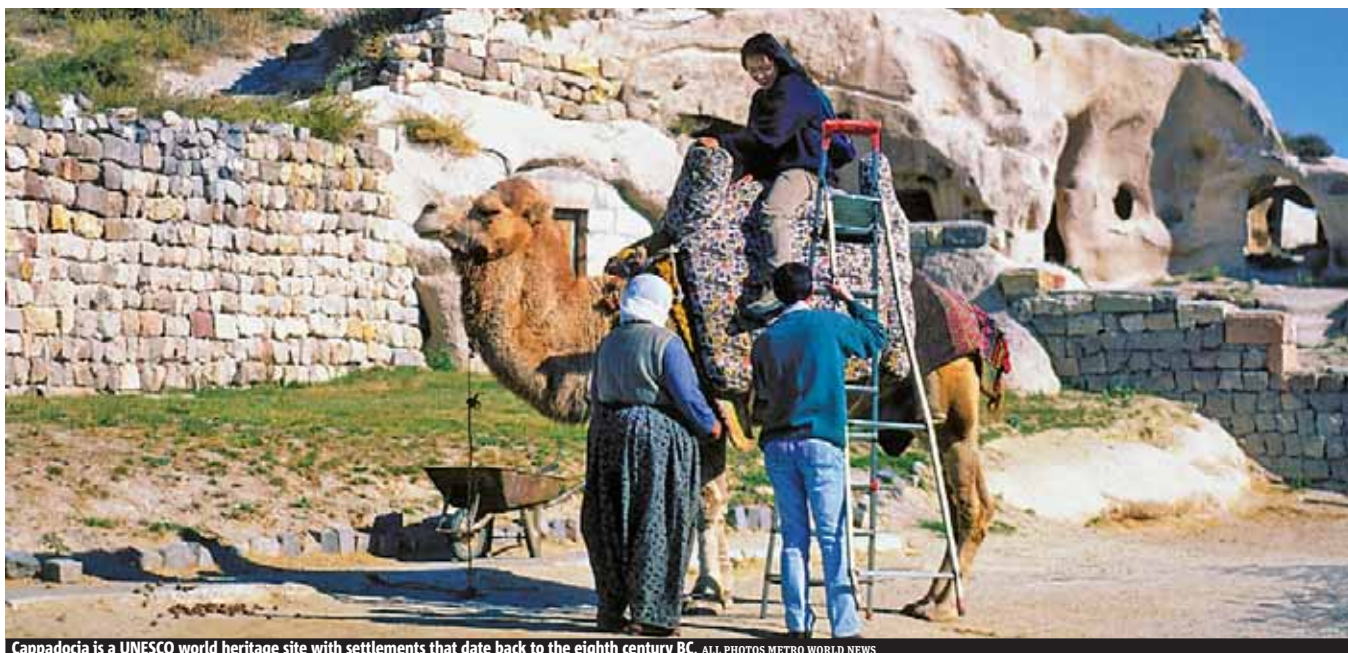
CIBC Bldg., Barrington St 425-6360
Halifax Shopping Centre 453-4850

1-800-CARLSON
(227-5766)

Cappadocia: Back to BC

Float in a hot air balloon and see another world.

HEIDI PATALANO
Metro World News



Cappadocia is a UNESCO world heritage site with settlements that date back to the eighth century BC. ALL PHOTOS METRO WORLD NEWS

There's nowhere else in the world quite like this region in eastern Anatolia, Turkey. Made up of several small villages, Cappadocia (pronounced Kap-a-dokia) is a UNESCO world heritage site. With settlements that date back to the eighth century BC, thousands of years of rich history provide visitors with plenty to see and do, in addition to luxury accommodations and shopping.

Hot air ballooning is a popular activity for visitors to the region. At sunrise, the area is peppered with ascending balloons that overlook the various rock formations.

On the Web

Goreme Open Air Museum
Kaymakli Underground City
goreme.com
Hot Air Ballooning Cappadocia
hotairballooncappadocia.com
Omurlu
omurlu.com

EARLYBIRD REWARD-A-THON

EARLY BOOKING
VACATION PROMOTION

**MORE
SUN FOR
EVERYONE**

\$779

AS
LOW
AS

7 NIGHTS ALL-INCLUSIVE
PUERTO PLATA
CASA MARINA REEF RESORT
NOLIPLUS ★★1/2
Mon, Feb 18, 25 +\$392 tx/fees

**BOOK BY
OCTOBER 31 AND GET:**

Our best price guarantee

The flexibility to change
travel dates up to 21 days
before you leave*

A reduced deposit of just
\$150 instead of \$250*

Visit nolights.com
or talk to your travel agent.

Find us on: **facebook**

**CONTACT YOUR
TRAVEL AGENT**

marlin★travel
marlintravel.ca
1 877 585 1040

FLIGHT CENTRE
Unbeatable
1 877 585 1040

Sears★travel.ca
In-store 1 866 359 7327

tripcentral.ca
1 800 665 4981

Flights from Halifax via Air Transit or CanJet. New bookings only. Clients booking by Oct 31, 2012. Applicable to travel between Dec. 18, 2012 and Apr. 30, 2013. Offer does not apply to group bookings, cruises, flights and coach tours. Our Price Guarantee – should your vacation become available at a lower price than what you paid, we will refund the difference in cash up to \$400 per adult. *Applicable only on bookings made through travel agents. †Can change your original travel date once but must be completed by Oct 31, 2013. Change subject to hotel/flight availability. If the price for the new travel date is higher, client must pay the difference. No refund will be given should the price for the new travel date be lower than the original. Prices shown are per person, based on double occupancy in hotel room category. Space and prices are subject to availability at time of booking and subject to change without prior notice. Taxes and fees are extra and noted above. For complete details and terms and conditions please refer to the Nolights 2012/13 Sun brochure. Nolights is a division of Transit Tours Canada Inc., and is registered as a travel wholesaler in Ontario (Reg# 50009486) with offices at 191 The West Mall, Suite 800, Etobicoke, ON M9C 5K9.

15 minutes of fame!

Call 420-1013 weeknights
to co-host the interactive
NINE@9 with Ruby!

Discovered this week:

- ★ Nick
from Bedford
- ★ Leah
from Halifax
- ★ Savannah
from Halifax
- ★ Brooke
from Halifax

**Interactive
NINE@9**

1013THEBOUNCE.com
info@1013thebounce.com

Get the BOUNCE
Mobile app here

See

Natural wonders are the number one attraction in Cappadocia, with unique rock formations of the fairy chimneys (tall, thin spires of sedimentary, or volcanic rock) covering much of the land. While the area has been home to the Hittites, Phrygians, Persians, Romans, Byzantines, Seljuks and Ottomans, it was the early Christians who perhaps left the most fascinating mark in Cappadocia's many caves. There are some 3,000 rock churches in the area, from a time when the early Christians hid in the region

to escape persecution. The Goreme Open Air Museum allows visitors to tour the preserved living spaces and chapels, which feature stunningly intricate frescoes of prominent early figures in the church.

Those who aren't claustrophobic should visit the many underground cities in the area. The network of tunnels in the Kaymakli Underground City in Nevsehir extend at least four floors underneath the surface. Archaeologists estimate that the cities were created between the eighth and seventh centuries BC to hide from enemies.





Segway tours are becoming a popular activity at resorts. THE ASSOCIATED PRESS

The perfect getaway: Golf, spa treatments ... and Segway tours?

Travel trend. The often-mocked vehicle of choice for mall cops has found an unlikely surge in popularity at vacation spots

Some couples celebrate their anniversary with a horse-drawn carriage ride. Others rent a romantic cabin in the woods. A few even jet off to Las Vegas and renew their vows in front of Elvis.

Lori Kelly and her husband Gene recently marked their second anniversary by touring the woods of the Omni Bedford Springs Resort & Spa in Bedford, Penn. on a Segway.

"It was absolutely fantastic. It is really the ultimately unique experience especially for people my age," said Kelly, 59. Her husband is 64. "It gives you the flavour of adventure

with very little threat of injury."

The Segway, first introduced a decade ago as an alternative mode of personal transportation, is getting a new life at a growing number of resorts around the world. For those not familiar with the two-wheeled electric vehicle, it works like this: Lean forward to move forward. Lean backward to go in reverse. Move the handlebars, and it turns left or right.

The device never quite took off as an everyday way to get around, but it has found a niche replacing city walking tours and helping security guards patrol local shopping malls. And now hotels with sprawling grounds are finding the Segway to be a great way to show guests around their properties. Plus, the devices are still quirky enough to be an attraction in their own right.

"You don't need any special skills to navigate around on it," said Kelly, the executive director of the American Red Cross

What's in a Segway tour?

- **Cost.** Prices generally range from \$60 to \$125 per person.
- **Requirements.** Several resorts have minimum age requirements and only allow guests between a certain weight, generally 100 to 260 pounds.

in West Virginia.

She and her husband travelled in mid-September from their home in Shepherdstown, W.Va. to Pennsylvania resort for a two-night getaway. They shopped, sat by the hotel's fire pits, played horseshoes and had a romantic anniversary dinner.

But what really made the trip unique was the 90-minute, off-road Segway tour for \$90.

THE ASSOCIATED PRESS

Richness is:

*not caring
what
TIME it is.*



The New Scotiabank® Gold American Express® Card.

Earn travel rewards 4x faster¹ at gas stations, grocery stores, on dining and entertainment, so you can take those meaningful trips even sooner. Get started with 20,000 bonus travel rewards points.²



scotiabank.com/4xfaster

You're richer
than you think.™

 **Scotiabank®***

* Registered trademarks of The Bank of Nova Scotia. ® American Express is a trademark of American Express. This credit card program is issued and administered by The Bank of Nova Scotia under license from American Express.

¹ You will earn 4 points per \$1 on the first \$50,000 in purchases made annually at American Express merchants classified in the American Express network as: Gas Service Stations and Automated Fuel Dispensers; Grocery Stores and Supermarkets; Eating Places and Restaurants; Drinking Places; Fast Food Restaurants; and Entertainment including Motion Picture Theaters, Theatrical Producers, Ticket Agencies, Bands, Orchestras and Miscellaneous Entertainers. Some merchants may sell these products/services or are separate merchants who are located on the premises of these merchants, but are classified by American Express in another manner, in which case this added benefit would not apply. You will earn 1 point per \$1 on purchases made after you have reached the 4 points per \$1 \$50,000 annual spend maximum and on all other purchases made with the card. ² The 20,000 Scotia Rewards bonus points are awarded when you use your Scotiabank® Gold American Express® card for a purchase within two months of open date and provided the account is open and in good standing. The points will appear as an adjustment on your Scotiabank® Gold American Express® card statement within two statement cycles of your first card purchase. Offer applies to new accounts opened by December 31, 2012.

Whole Grain Spaghetti with Spicy Lamb Sauce



This recipe serves four. NEWS CANADA

Eat healthy, delight your tastebuds — it's possible

Eating a balanced diet is one of the most important factors in achieving a healthy lifestyle. Fortunately, being health-conscious doesn't mean you have to give up the dishes you love.

Canadian chef Stefano Faita is a firm believer in healthy eating, and often relies on his Italian roots for recipe inspiration.

"There is a ton of healthy whole grain pasta options out in the market," he says.

Here he pairs whole grain spaghetti with spicy lamb sauce.

and red pepper flakes, sautéing until garlic turns slightly yellow. Add ground lamb; cook until well browned.

2. Stir in wine and cook for about 1 minute. Add tomatoes with juice and 3/4 cup (175 ml) water; season with salt. Simmer until liquid has evaporated and sauce is thickened. Cover and keep hot.

3. Meanwhile, cook spaghetti according to package directions. Drain; toss with sauce.

4. Stir in butter and cheese before serving.

NEWS CANADA/ BARILLA.CA

Ingredients

- 50 ml (1/4 cup) extra virgin olive oil
- 2 cloves garlic, chopped
- 1 sprig rosemary, finely chopped
- 1 ml (1/4 tsp) red pepper flakes (or to taste)
- 300 g (10 oz) ground lamb
- 125 ml (1/2 cup) white wine

- 1 can (540 ml / 19 oz) diced tomatoes
- Salt, to taste
- 1 box (375 g) Barilla whole grain spaghetti
- 15 ml (1 tbsp) butter
- 175 ml (3/4 cup) grated Pecorino Romano cheese

Mushroom Fettuccine. Use different pestos in quick and tasty supper

Instead of basil pesto, try using sun-dried tomato, cilantro or mint pesto for variety in this quick and easy supper dish.

minutes or until lightly browned. Reduce heat and stir in garlic, pesto and salt; heat just until warm.

1. Cook the dry fettuccine according to package directions.

2. Meanwhile, in a large skillet, heat oil over medium heat. Sauté sliced mushrooms and chopped red onions for 4 to 5

3. Add drained hot pasta and toss to coat well; taste and add a little more salt if not garnishing with Parmesan. Serve hot or at room temperature. Garnish with cheese, if desired, and pine nuts.

THE CANADIAN PRESS/ MUSHROOMS CANADA, MUSHROOMS.CA

Ingredients

- 375 g (12 oz) dry fettuccine, cooked and drained
- 30 ml (2 tbsp) olive oil
- 500 g (1 lb) sliced fresh mushrooms
- 250 ml (1 cup) chopped red onion
- 2 cloves garlic, minced

- 125 ml (1/2 cup) prepared basil pesto sauce
- 1 ml (1/4 tsp) salt
- Grated Parmesan cheese (optional)
- 50 ml (1/4 cup) toasted pine nuts or chopped walnuts

Drilling your way to a dream job

It's a gas. An expert spills secrets on an exciting and changing industry

CASSANDRA JOWETT
Talentegg.ca

Technology. Sustainability. Mobility. Those are the top three reasons now is a really exciting time for students and recent grads to start careers in the oil and gas industry, according to Cheryl Knight, executive director and CEO of Petroleum Human Resources Council of Canada.

Knight knows the industry better than most, so we asked her what she thinks the most exciting things about the petroleum sector are right now.

Technology

"I think what I find most interesting is how much of a role technology is playing in creating changes in the industry," she says. "Changes including how the work is done, how the production of oil and gas happens, and what the jobs are. We are seeing that technology and being technology proficient is really an important part of the industry."

She cites the development of Alberta's oil sands as an example: In past, operations in the oil sands were primarily mining — large shovels would dump the oil sand into trucks to be taken to be crushed and processed into oil.

This method is slow and inefficient, and can only extract oil sand up to 75 metres below ground.

Today, more than 80 per cent of oil sands development uses in-situ drilling — a thermal technology known as steam assisted gravity drainage (SAGD).

The high-tech SAGD process allows petroleum producers to access reserves that are much deeper in the earth and recover a higher percentage of the oil contained in the sand.

"The reason [the oil sands] is growing so big is because of the technology," Knight says.

Another example is the use of directional drilling and hydraulic fracturing.

"It enables the industry to use one very expensive, highly technologically-advanced rig and rig pad, reducing the surface impact," she says. "You have one rig that spends a lot of time drilling in a variety of directions while it stays in the same place. The rig doesn't move."

All of this high-tech equipment requires specialized



Green on the scene: The gas and oil industry is hiring more environmental experts than ever before. ISTOCK

technicians, technologists and skilled tradespeople to build, operate and maintain it, creating many new jobs for people with the most up-to-date education and technical skills.

Sustainability

No, sustainability is not a four-letter word in oil and gas. In fact, says Knight, environmental sustainability has

woven itself into every single job in the industry.

"I don't go anywhere or to any meeting where people in the industry aren't aware of the footprint on the land — they're concerned about things like carbon emissions and water consumption," she says. "It's part of our industry — the environment is part of oil and gas."

As interest in environmental sustainability within the petroleum sector grows, so does the demand for people who are qualified to help oil and gas companies monitor, manage and improve their impact on the environment.

"These sorts of things are really opening up a variety of career opportunities," Knight says.

The discussion around sustainability and the en-

Experience that expands

"A person isn't pigeonholing themselves by joining the oil and gas industry. On the contrary — the skills will transfer quite well to the natural resource sector as well as government, communications and stakeholder relations organizations."

Cheryl Knight

vironment also creates a greater need for regulatory, stakeholder relations and communications professionals as oil and gas producers

and industry associations work and communicate with regulators, local and Aboriginal communities, and the media.

Mobility

While the oil and gas sector is probably going to be where it's at for the foreseeable future — there are more than 500,000 people employed directly and indirectly in the oil and gas industry now, and it is estimated that the oil sands alone will support 905,000 jobs by 2035 — starting your career in the industry doesn't mean you're stuck in it (or your first job or location) forever.

"A person isn't pigeonholing themselves by joining the oil and gas industry," Knight says. "On the contrary — the skills will transfer quite well to the natural resource sector as well as government, communications and stakeholder relations organizations."

Plus, since you will have the opportunity to work with so many different people and organizations in your oil and gas job, you'll develop a strong professional network across a wide variety of locations and sectors that could really take you places.

"It's a really great industry; it provides a real combination of field work and office work, and I think that's appealing to a lot of people," she adds.

Many companies operate in multiple countries and they're looking for people who want to travel the world while they're working."

TALENTEGG.CA IS CANADA'S LEADING JOB SITE AND ONLINE CAREER RESOURCE FOR COLLEGE AND UNIVERSITY STUDENTS AND RECENT GRADUATES.

Student Voice

Motivate yourself to make a mark

Samantha Murphy
Student
Bachelor of Commerce (Co-op) in Marketing
Memorial University of Newfoundland
Talentegg.ca



ineffective, especially via the Internet with no ability to meet face-to-face.

This led me to spend an entire day filming myself on my laptop making a somewhat quirky but still informative video about my skills and passion for marketing in the hopes of standing out among thousands of applicants to a large, well known corporation. I got an interview! This was a huge accomplishment and, although I did not get the job, it was the confirmation I needed that I had at least some of what it took to survive in this industry.

After that I had a friend who had some graphic art skills create a resumé that would be delivered in a unique format to help stand out among the crowd. Sadly, no interview.

Finally I was contacted by a huge marketing agency that seemed really interested but only did unpaid internships. I almost packed up and moved halfway across the country for

an unpaid position, but after the intervention of my grandmother I decided I would contact them as a new grad.

Eventually I ended up with a position here in the province that I really like but still have my eyes set on a bigger city with bigger opportunities.

What I'm doing now

I graduate in April 2013 and will begin my job hunt soon! I'm starting to brainstorm some creative ideas so that I can get myself out in the industry and be recognized.

My recommendations

As much as I would like to say that I did not receive as much help or guidance as I wanted from employers, career centres and schools, it is really up to me to ensure I am portraying myself in a way that makes employers need to meet with me. Having a degree is not enough anymore — contributing in any way you can to the field you hope to end up in is crucial. I have found that making connections is also a key factor in getting jobs whether it be a recommendation or someone to help mentor you.

TALENTEGG.CA, CANADA'S LEADING JOB SITE AND ONLINE CAREER RESOURCE FOR STUDENTS AND NEW GRADUATES,

Are you a new Canadian Citizen or a permanent resident in Nova Scotia?

Êtes-vous un nouveau citoyen ou un résident permanent en Nouvelle-Écosse?

The CDÉNÉ is now offering business counselling services to French-speaking immigrants who would like to start their own business or buy an existing business in Nova Scotia.

Services offered / Services offerts:

- Free Business Counselling / *Conseils en affaires gratuits*
- Market Research / *Études de marché*
- Business Plans / *Plans d'affaires*
- Networking / *Opportunités de réseautage*
- Mentoring Program / *Programme de mentorat*
- Identifying Funding Opportunities / *Identifier les sources de financement*
- and more / *et plus!*

Info : Nadège Oubda
(902) 424-6021
noubda@cdene.ns.ca
www.cdene.ns.ca/immigration

CDÉNÉ
Le Conseil de développement économique
de la Nouvelle-Écosse



WagJag.com

GET DEALS ON THE GO!



IPHONE APP



ANDROID APP

50-90% Off Local Daily Deals



From

\$18

UP TO 54% OFF AUTO MAINTENANCE PACKAGES (OIL CHANGE AND FILTER, 18-POINT INSPECTION, TIRE ROTATION AND MORE) FROM NATIONAL RADIATOR (2 OPTIONS)

NATIONAL RADIATOR

BUY FOR: \$20.07

50% OFF A BINGO! SHOW TICKET
NEPTUNE THEATRE



BUY FOR: \$39

76% OFF 2 PAIRS OF GEL INSOLES
SNAGGERNET.COM



BUY FOR: \$22

77% OFF AN 18KT. GOLD-PLATED NECKLACE
KOOL PRODUCTS 4 U



Unique Getaways Within Reach

Jaunt getaway and vacation packages are carefully designed to help you explore vibrant cities, experience new places and discover the world.



Follow Us: [@gojaunt](#) [facebook.com/GoJaunt](#)

Visit: **WagJag.com**

Follow us:



[facebook.com/wagjag](#)
[@wagjag](#)



JUPITERIMAGES/POLKA DOT/THINKSTOCK



DAVID DE LOSSY/PHOTODISC/THINKSTOCK

PET LOGIC

NINE IMPORTANT CONSIDERATIONS TO PONDER BEFORE YOU DECIDE TO ADOPT A PET

“When you get a pet, it’s like you are inviting a new member into your family,” says Michael Sullivan, executive director, Humane Society of Canada. Here are nine important considerations before your family makes the commitment.

1 COST. According to Sullivan, a cat or dog costs on average \$1,500 per year (for the initial spay or neuter, vaccinations, food and other health costs). Exotic pets may be inexpensive but their ongoing needs will add up, too.

2 LIFE SPAN. Be aware that a cat can live up to 20 years, explains Dr. Jean Gauvin, a small animal practitioner in Lachine, Que., and vice-president of the Canadian Veterinary Medical Association, while a

small dog can live about 12 years, a parrot more than 30, a rabbit 12, and a hamster may live four years.

3 SCHEDULE. Dogs, especially puppies, require a lot of your time for training and daily walks. Cats are easier because they don’t need training outside of litter training. Most exotic pets (gerbils, reptiles, fish, and birds) will need daily care.

4 LIFESTYLE. If you are active, an active dog breed makes sense. But what will you do if you are someone who travels a lot? Gauvin says for shorter jaunts, a cat and exotic animal may be easier to leave or have looked after.

5 FUR. If someone in the family is allergic, consider a poodle or other non-

shedding dog, says Gauvin. Or consider a lizard or snake.

6 SPACE. A small dog or cat might be best suited for a condominium or apartment while a Great Dane might better suit a home in the country. Exotic pet cages and aquariums will need a dedicated place in your home, too.

GETTING YOUR PET

If you don’t purchase a full bred animal from a reputable breeder, adopt an animal from a shelter, rescue group, humane society or local pound.

7 FOOD. Sixty per cent of what you spend on a dog will be for food. Consider that a rabbit needs fresh vegetables while a cat is happy with canned food. Some exotic pets need special food — snakes eat mice while lizards love crickets.

8 EXPERIENCE. If this is your first pet, do your research, says Sullivan. Some dog breeds are easier to manage than others. For example, border collies need to be kept busy while a Shih Tzu doesn’t. Cats are more self sufficient, says Sullivan. Most birds need time out of their cages.

9 AGE. If you get a puppy or kitten, you will have more work to do in the first year. A young adult dog or cat is less work — and you are saving an animal life.



Milk-Bone® Healthy Favourites®

The wholesome Milk-Bone® snacks your dog loves, with real chicken, flaxseed, chunks of sweet potato and more.



facebook.com/MilkBoneCanada

@MilkBoneCanada

www.milkbone-canada.com

*Trademarks of Del Monte Corporation. © Del Monte Corporation. All Rights Reserved.

MacKinnon soaks up faceoff knowledge



Mooseheads forward Nathan MacKinnon has put in hours of work to improve in the faceoff circle after winning just 45.7 per cent of his faceoffs last season. METRO FILE

QMJHL. Second-year forward seeing big improvements in circle



MATTHEW WUEST
matthew.wuest@metronews.ca

Nathan MacKinnon's speed, skill and breakaway moves have led to his fair share of Sports Centre highlight clips already this season. But it's his less glamorous work in the faceoff circle that might be the most impressive aspect of his game.

The 17-year-old Halifax Mooseheads centre has put in hours of work to improve in the circle after winning just 45.7 per cent of his faceoffs as a QMJHL rookie. Through seven games, that percentage has skyrocketed to 63.7, third in the league.

That's a big deal — for scouts and for MacKinnon, who had a bad period in the faceoff circle recently and noticed what a difference it made.

"It just felt like we never had the puck," said MacKinnon, who usually plays on a line with Jonathan Drouin and Stefan Fournier. "I think it's very important starting off with the puck. The three of us are pretty good at moving the puck around and as long as we can get that puck and keep it, good things are going to happen."

MacKinnon has been something of a sponge when it comes to improving in the circle, soaking up pointers from those who are best at it.

He received advice from Mooseheads teammate Brent Andrews, a Nashville Predators pick who is one of the best in the QMJHL with close to a 60

Falkenham back in lineup

The Mooseheads, 6-1 and on a four-game winning streak, host the Moncton Wildcats, 3-4, on Wednesday at 7 p.m. Right-winger Ryan Falkenham will return to the lineup from an upper body injury. Leading scorer Jonathan Drouin is "day-to-day" with an apparent shoulder injury while right-winger Martin Frk will sit with a one-game suspension for slew-footing.

per cent win rate over the past two seasons.

Andrews shared a video he received from the Predators that features clips of the NHL's best faceoff men and MacKinnon has watched it several times.

Beyond that, MacKinnon skated with Pittsburgh Penguins star Sidney Crosby this summer in the Halifax area and got a chance to go head-to-head with one of the NHL's best.

"You try to take advantage of skating with Sid as much as you can — we practised draws a little bit after skates sometimes," MacKinnon said. "I just kind of watched him and how he does it."

"All those little things really helped. I just kind of figured it out."

MacKinnon trails only Baie-Comeau Drakkar ace Felix Girard (66 per cent) and Chicoutimi Saguenéens import Lukas Sedlak (64.7). He could be in that stratosphere to stay.

"So far, so good, obviously," MacKinnon said. "There are a lot of good centre men in this league and hopefully I can continue winning them."

Sheppard 'looks great' in comeback

James Sheppard's comeback appears to be picking up steam in the American Hockey League.

Sheppard, a Lower Sackville native who is playing for the Worcester Sharks on a minor-league contract during the NHL lockout, is on the ice for the start of a season for the first time in three years and "looks great," according to head coach Roy Sommer.

The 24-year-old, a former ninth overall pick of the Minnesota Wild who is now a restricted free agent with the San Jose Sharks, has missed most of the past two full seasons after suffering a serious knee in-



James Sheppard during his time with the Minnesota Wild.

GETTY IMAGES

jury in an off-season all-terrain vehicle accident in 2010.

"He looks great now and I

think you've just seen the tip of it," Sommer told the Worcester Telegram after a recent pre-season game.

Sheppard broke into the NHL with the Wild at age 19 and had 49 points in 224 games, but struggled to live up to his potential.

San Jose acquired him for a third-round draft pick after the ATV accident.

"Centremen with his tools aren't easy to find, so we took the risk of trading for him knowing what the reward might be," San Jose general manager Doug Wilson told the newspaper.

MATTHEW WUEST/METRO

CIS football

Game's result reversed in X-Men's favour

The St. Francis Xavier X-Men have been awarded another Atlantic University Sport football win.

The X-Men had their 41-20 loss to the Concordia Stingers on Sept. 15 reversed on Tuesday because the Stingers disclosed they used an ineligible player in the contest. The X-Men now have a 2-3 record, tied for second in the AUS with the Saint Mary's Huskies.

The Acadia Axemen (4-1) are first, while the Mount Al-

lison Mounties (1-4) are last.

The Huskies and Mounties meet on Saturday at 2 p.m. in Sackville, N.B. METRO

AUS football

Abankwah named offensive player of the week

Saint Mary's Huskies running back Melvin Abankwah has been named Atlantic University Sport football offensive player of the week after a 208-yard, one-touchdown rushing effort versus Mount Allison last Friday.

METRO

Cap in hand: Salary structure in jeopardy?

NHL lockout. Fehr says extended lockout could cause NHLPA to reassess playing under salary cap

Donald Fehr expressed some hope that collective bargaining talks this week will help lead to some resolution.

But he also made it clear in an hour-long meeting with the Torstar News Service editorial board that the longer the NHL lockout lasts, the less happy the players will be playing under a salary cap.

"If this goes on for an extended period of time, I don't know what they (the players) are going to do. But I think it's safe to say, they would be exploring all options," said Fehr.

He added the players can live with salary cap if an agreement can be reached quickly.

"Where the players are, they want to make a deal," Fehr said. "Even though the owners' proposal went as far away from the players as they could, the players did not respond in kind. They made a proposal which moved in the owners' direction. If there can be an agreement in a relatively short term, which puts the pieces back together and gets the season going, I think the players can live with that."

Fehr fell short of calling for the salary cap to be scrapped outright — something that would put the NHL and the players further apart. But it was a reminder to commissioner Gary Bettman and the owners — on the eve of new talks with the league on non-core economic issues — that things can get ugly in a hurry.

"I hope we can continue to make some progress on what we call the non-core economic issues and I hope



NHLPA executive director Donald Fehr meets with the Torstar News Service editorial board on Tuesday. ANDREW FRANCIS WALLACE/TORSTAR NEWS SERVICE

Quoted

"In basketball (the NBA locked out its players last season) they played 75, 80 per cent of the season starting as late as Christmas. I do hope we start many weeks before Christmas."

NHLPA executive director Donald Fehr on Tuesday. Fehr declined to predict when he thought the NHL season might begin.

we can have discussions that can spark a new round of significant talks on the core economic issues," said Fehr.

NHL deputy commissioner Bill Daly said the league has heard the association's threats related to the salary cap before.

"Ultimately, it's their call," Daly said in an email to Torstar News Service. "Hopefully, we all want a quicker resolution to this negotiation than a longer one. How the PA ultimately decides to deal with that issue will be very telling."

TORSTAR NEWS SERVICE

Dates to watch

Oct. 19

Potential date of the next round of game cancellations.

Nov. 10

Hall of Fame Game weekend, first big weekend for league on a national scale.

Nov. 23

Black Friday on U.S. Thanksgiving weekend — also the date NBC was to kick off its TV broadcast schedule; a very important date for the NHL.

Dec. 7

Another round of cancellations? Pretty well the latest hold-out date before cancelling the Winter Classic.

Dec. 21

If two more weeks are scrapped here, start thinking about the integrity of season.

Jan. 1

Winter Classic — Toronto vs. Detroit at Ann Arbor, Mich.

Jan. 11

Date the 1994-95 lockout ended, salvaging a 48-game season.

Jan. 18

Be very pessimistic about the season, if there's another round of cancellations.

Feb. 16

Date the 2004-05 season was cancelled.

MLB. Giants come up big late to prolong series

Hardly able to get a hit, the San Francisco Giants used a misplayed grounder to prolong their NL playoff series.

Third baseman Scott Rolen's two-out error in the 10th inning gave the Giants the go-ahead run Tuesday night in a 2-1 victory over the Cincinnati Reds, who couldn't shake 17 years of home post-season futility.

The Giants avoided a sweep in Game 3, cutting their division series deficit to 2-1.

Rolen, an eight-time Gold Glove winner, couldn't come up with Joaquin Arias' short-hop grounder, bobbled it and threw late to first.

"I've gone through the play many times in my mind between then and now, and I think I would play it the same way," Rolen said. "It hit my glove. I just couldn't get it to stick."

The Giants managed only three hits against Homer Bailey and Reds relievers, but got two of them in the 10th — along with a passed ball by Ryan Hanigan — to pull it out. San



Sergio Romo of the San Francisco Giants reacts after the Giants beat the Cincinnati Reds Tuesday in Cincinnati, Ohio. GETTY IMAGES

Francisco won despite striking out 16 times.

Cincinnati finished with four hits, just one after the first inning.

Left-hander Barry Zito will pitch Game 4 on Wednesday for the Giants, who have won the last 11 times he started. The Reds have to decide whether to try ace Johnny Cueto, forced out of the opener in San Francisco on Saturday with spasms in his back and side.

Manager Dusty Baker said they hadn't decided whether to let Cueto try it, bring back Mat Latos on short rest, or replace Cueto with Mike Leake, who wasn't on the series roster.

Replacing Cueto would leave the Reds ace ineligible to pitch in the championship series should the Reds get that far.

THE ASSOCIATED PRESS

Quoted

"We kept scratching and clawing down two games to none. That's the way it is in the playoffs."

Giants reliever Jeremy Affeldt

MLB

Athletics flash the leather in must-win game

Brett Anderson outduelled fellow playoff first-timer Anibal Sanchez and received stellar defence all over the diamond, and the upstart Oakland Athletics avoided another playoff sweep by Detroit, beating the Tigers 2-0 Tuesday night in their AL division series.

The A's cut their deficit in the best-of-five matchup to 2-1.

Coco Crisp saved a likely home run by Prince Fielder with a leaping catch at the top of the centre-field wall in the second — and the A's will play another day in this improbable season full of remarkable rallies.

Yoenis Cespedes hit an RBI single in the first inning and Seth Smith homered later in the shut-out for the A's.

THE ASSOCIATED PRESS

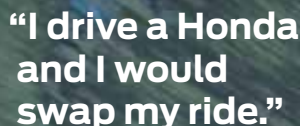


Talk starts here.

News 95.7

News.Talk.Sports.

Jordi Morgan
Weekdays
8:30 am - 12 pm
News957.com



\$349 FOR 48 MONTHS

@ 2.49% APR WITH \$750 DOWN PAYMENT.

Offer excludes freight and taxes



6.0L/100km 47MPG HWY**
9.1L/100km 31MPG CITY**

PURCHASE FOR ONLY
\$115 @ 0%^{APR}

Financed bi-weekly for 72 months with \$750 down payment.
Offer excludes freight and taxes.



5.5L/100km 51MPG HWY**
7.8L/100km 36MPG CITY**



2013 F-150 STX SUPERCAB 4x2

LEASE FOR ONLY

\$349⁺ WITH \$0 DOWN PAYMENT

© 4.99% APR for 48 months. Offer includes \$5,750 in manufacturer rebates and excludes freight and taxes.

9.7L/100km 29MPG HWY**
14.1L/100km 20MPG CITY



With Active Grille Shutters, SYNC® with MyFord®, and Tire Pressure Monitoring System.

PLUS

ELIGIBLE COSTCO MEMBERS RECEIVE AN ADDITIONAL

\$1,000



On most new 2012 and 2013 models, including F-150 + Escape

AND



WINTER
SAFETY❄️PACKAGE
UP TO \$1,800 (MSRP) VALUE

On select new 2012 and 2013 models, including Focus + Escape (If \$750 Winter Safety Package cash alternative is not applied)



Go Further

atlanticford.ca

**FALL IN LOVE WITH A FORD AND SWAP YOUR RIDE.
VISIT ATLANTICFORD.CA OR YOUR ATLANTIC FORD STORE FOR DETAILS.
VIEW OUR SWAPISODES ONLINE AT FORD.BLOG.CA/SWAPISODES**



[/FordCanada](#)



@FordCanada



You Tube /FordCanada



Go Further

atlanticford.ca

SiriusXM
Available in most new
Ford vehicles with 6-month
pre-paid subscription

Discover the Pathfinder



ALL PHOTOS WHEELBASE

2013 Nissan Pathfinder

- **Engine.** 3.5 litre V6 with 260 horsepower and 240 pound-feet of torque.
- **Mileage.** 10.5l/100km and 7.7 on highway
- **Type.** Four door, front two or four-wheel drive.
- **Base price (incl destination).** Starts at \$31,600

Styling and shape

The new Pathfinder, which arrives this fall, has been on a serious diet, shedding about 110 kilograms over the outgoing model. This meant converting to a unitized (frameless) platform that's shared with Nissan's Infiniti JX luxury wagon.



The V6 is teamed with a continuously variable transmission (CVT).

Drive options

Nissan's 4x4 option is worth it for anyone living or working in snow-belt regions where being stranded in -30 C conditions is just not an option. The All-Mode 4x4-i system allows you to select either two- or four-wheel-drive, or engage the Auto setting and let the All-Mode make the call, depending on tire slippage.

Comfort

Passenger comfort was apparently paramount with Nissan's designers, who created a third-row reclining seat and a second row with 13 centimetres of fore and after travel. The split-second bench also features an "EX Flex" portion that slides forward for easier third-row access.

Review. Yes, the idea of a front-wheel-drive Pathfinder will take getting used to, but when did you last go off road anyway?

MALCOLM GUNN

Wheelbase Media

It was a category full of off-roaders that buyers just couldn't get enough of. The seemingly unstoppable Ford Explorer. The go-anywhere Nissan Pathfinder. It's amazing how things change in five or six years. In simple terms, the Explorer and Pathfinder are no longer truck-based, off-road-capable sport utility vehicles.

Like the Explorer, Nissan's seven-passenger bus has emerged from its chrysalis as a family wagon able to conquer nasty road and weather conditions. The Tennessee-built wagon had remained virtually untouched since the

2005 model year. A robust body-on-frame chassis made it ideal for boulder-bashing, creek-fording activities.

The new sheet metal manages a passing resemblance to the outgoing rig as far as the grille is concerned. But from there the quaintly boxy body-of-old, with its muscular fender flares, has given way to gentle curves and rounded edges.

The Pathfinder S is expected to come with the usual accessories, including tri-zone climate control and 14 cup/bottle holders. The SV adds roof rails and a rearview monitor while leather-covered seats, remote engine start and a power liftgate are SL highlights. From there, the sky's the limit on the options front, with features such as an up-level sound system.

The reborn Pathfinder might have been stripped of its traditional sport bravado, but it will certainly add new friends with an easy-on-gas powertrain, easy-to-take creature comforts and easy-on-the-eyes design.



The Pathfinder dash is very Nissan-y, blocky and simple. In this day and age, it's weird not to see silver plastic all over the place.



What the Pathfinder loses in extreme off-road ruggedness it gets back in technology, but it's pretty much the norm when in the company of vehicles such as the Ford Explorer.

Compare



1 Mazda CX-9
Base price: \$38,000



2 GMC Acadia
Base price: \$40,000



3 Ford Explorer
Base price: \$31,500

5 DRIVE

Dan's PRND321 TRANSMISSION
485 Windmill Rd, Dartmouth
Under the Mackay Bridge
468-9541
danstransmission.com

How the sea holds the key to totally revamp the car industry

AutoKnow. The ocean can provide, through its seaweed, new materials and new fuel for next-generation environmentally-friendly vehicles

**BILL
MCLAUCHLAN**
wheelbasemedia.com

The common belief is that something won't last very long unless it's created in a lab. That might always be the case, but the source material for such parts is quite literally in a liquid state.

Cars with bodies and parts made from seaweed and powered by biofuel derived from algae and saltwater could be the wave of the future if a couple of companies have anything to say about it.

Toyota has an ultralight, super-efficient plug-in hybrid vehicle featuring a bioplastic body made from seaweed. According to the company, it could be available inside of 15 years.

Automakers are looking for ways to increase the amount of plastic parts in cars as a means to reduce weight and production emissions. Today, steel is still thought to be the best material to crank out cars, but the use of plastic is quickly gaining ground.

Even luxury automakers such as BMW and Mercedes-Benz use more plastic in their vehicles than ever before ... and that trend looks like it's continuing. Demand for bioplastics is expected to hit \$100 billion within a couple of years, according to a 2009 USA Today story.

One snag, however, is that most plastics today still trace their roots to petroleum. Conventional petroleum-based plastic products don't do much to alleviate North America's dependence on oil, not to mention the associated economic, environmental and geo-political problems that come along for the ride.

Innovative

"I want to create such a vehicle from seaweed because Japan is surrounded by the sea."

New Toyota 1-X project manager Tetsuya Kaide, on utilizing Japan's large coastline to fuel Toyota's new idea for a vehicle partly made from seaweed.

That's some of the thinking behind Toyota's green vision for the future and the 1/X Concept, so named because its "carbon footprint" is claimed to be a fraction of that of other cars.

While not totally new - the 1/X Concept made its public debut at the 2007 Tokyo Motor Show - this "environmentally considerate" hybrid is an interesting spinoff on the original concept.

About the same general size as Toyota's current Prius gas-electric hybrid, the revised 1/X still combines a home-rechargeable lithium-ion battery pack with a 0.5-litre flexible-fuel engine in a drive system that's about 25 per cent of the Prius's powertrain.

A very strong carbon fiber-reinforced plastic (CFRP) frame contributes to the car's light 926-pound curb weight, less than one-third of the Prius.

But the 1/X Concept's most noteworthy attribute can be seen in bioplastic body panels derived from seaweed. "We used lightweight carbon fiber in the frame for its superior collision safety," project manager Tetsuya Kaide said of the 1/X. "But that material is made from oil. In the future, I'm sure we will have access to new and better materials such as those made from plants, something natural."

"In fact, I want to create such a vehicle from seaweed because Japan is surrounded by the sea."

Kaide added that the 1/X Concept "points the way toward a much more sustainable relationship between humans and the environment. It's also a direction for a future Prius, two or three generations ahead of the current car."

Florida-based Algenol Biofuels, working in partnership with Dow Chemicals, has big plans to power such future cars with its proprietary algae-to-ethanol biofuel.

Typical corn-based ethanol has been criticized for straining the world's food supply, contributing to global warming by encouraging the plowing of grasslands and consuming a substantial amounts the annual U.S. corn crop.

The Algenol approach solves those problems by producing its ethanol fuel without occupying arable land or consuming feedstocks needed for human or animal consumption, a conflict that has been in the news many times this summer due to drought-ravaged crop yields. All it needs for production is seawater, sunlight and algae.



Could the riches of the sea bring the automotive industry into a new light-weight era? ALL IMAGES WHEELBASE



Florida plant where new fuel Algenol is made.



The new Toyota project vehicle the 1/X Concept is partly made of seaweed.

The facts: Seaweed as a fuel

- **Algenol.** This new fuel is made in bioreactors (read below) using seaweed and photosynthesis. It is ethanol but it's just produced in a much more environmentally sound way than actual ethanol which has been criticized for depleting food stocks through its production.

feet-wide troughs covered with flexible plastic and filled with about 1,000 gallons of saltwater. The water is then saturated with carbon dioxide to encourage algae growth.

- **Ethanol vs Algenol comparisons.** Algenol touts 6,000 gallons of ethanol per year per acre at a cost of less than \$1 per gallon. By comparison, corn produces

about 370 gallons per year per acre while sugar cane accounts for about 890 gallons per acre.

- **The future.** With 139 million square miles of ocean covering the earth's surface, and containing a volume of some 329 million cubic miles, there looks to be no shortage of future fuels from this promising process.



The humble seaweed could now be the material our vehicles are made of, and run, on in the future.



DODGE
CARAVAN KIDS

PROUD SPONSOR OF AMERICAN HOCKEY LEAGUE ACROSS CANADA

Wise customers read the fine print: • \$1. The 2012 Ram Clearout Event offers are limited time offers which apply to retail deliveries of selected new and unused models purchased from participating retailers on or after September 1, 2012. Retailer order/trade may be necessary. Offers subject to change and may be extended without notice. See participating retailers for complete details and conditions. • \$23,995 Purchase Price applies to 2012 Ram 1500 Quad Cab SXT 4x4 (23A+AGR+XFI) only and includes \$9,750 Consumer Cash Discount. See participating retailers for complete details. Pricing excludes freight (\$1,400-\$1,595), licence, insurance, registration, any retailer administration fees and other applicable fees and taxes. Retailer order/trade may be necessary. Retailer may sell for less. • Consumer Cash Discounts are offered on select 2012 vehicles and are manufacturer-to-retailer incentives, which are deducted from the negotiated price before taxes. Amounts vary by vehicle. See your retailer for complete details. 14.49% purchase financing for up to 96 months available on the new 2012 Ram 1500 Quad Cab SXT 4x4 (23A+AGR+XFI) model to qualified customers on approved credit through Royal Bank of Canada, Scotiabank, TD Auto Finance and Ally Credit Canada. Retailer order/trade may be necessary. Retailer may sell for less. See your retailer for complete details. Example: 2012 Ram 1500 Quad Cab SXT 4x4 (23A+AGR+XFI) with a Purchase Price of \$23,995 (including applicable Consumer Cash Discount) financed at 4.49% over 96 months with \$0 down payment equals 208 bi-weekly payments of \$138 with a cost of borrowing of \$4,611 and a total obligation of \$28,606.33. Pricing excludes freight (\$1,400-\$1,595), licence, insurance, registration, any retailer administration fees, other applicable fees and taxes. Retailer order/trade may be necessary. Retailer may sell for less. \$2012 Ram 1500 Quad Cab Longhorn 4x4 shown. Price including applicable Consumer Cash Discount: \$40,275. Pricing excludes freight (\$1,400-\$1,595), licence, insurance, registration, any retailer administration fees, other applicable fees and taxes. Retailer order/trade may be necessary. Retailer may sell for less. Based on longevity of entire Ram pickup lineup compared to competitive pickups. Based on R. L. Polk Canada, Inc. Canadian vehicles in operation and new registrations for model years 1987 - 2011 as of June 30, 2011. Based on October 2010 - November 2011 Canadian industry survey of light-duty pickup truck owners trading in their pickup for a new pickup truck. • Based on calendar year-to-date market share gain. • Based on Ward's full-size pickup segmentation. The Best Buy Seal is a registered trademark of Consumers Digest Communications LLC, used under license. • The SiriusXM logo is a registered trademark of SiriusXM Satellite Radio Inc.

2012 RAM CLEAROUT



2012 Ram 1500 Crew Cab Longhorn 4x4 shown.¹

THE TRUCK THAT GOES ALL OUT, PRICED TO CLEAROUT.

2012 RAM 1500 QUAD CAB SXT 4X4
CANADA'S LONGEST-LASTING LINE OF PICKUPS²

\$23,995*



PURCHASE PRICE INCLUDES \$9,750 CONSUMER CASH.³

OR CHOOSE

\$138 BI-WEEKLY FINANCING⁴ @ **4.49%** FOR 96 MONTHS WITH \$0 DOWN

RAM FACTS

- More pickup owners are switching to Ram 1500 than to any other pickup⁵
- Canada's fastest-growing choice of light-duty pickup⁶
- Most awarded Ram truck ever
- HEMI[®] engine is a 6-time winner of *Ward's* Automotive "10 Best Engines"
- HEMI[®] V8 FuelSaver MDS technology seamlessly transforms the powerful HEMI[®] V8 to a fuel-saving four cylinder
- Available class-exclusive RamBox[®] Cargo Management System⁷
- Available class-exclusive in-floor storage bins⁸
- 5 Year/100,000 km Powertrain Warranty

SCAN HERE
FOR MORE GREAT OFFERS



RamTruck.ca/Offers

GUTS-GLORY  **RAM**

Peugeot's concept gem is much more than four-wheel eye candy

Onyx. Ultra slick car's looks may hold your attention but under its shiny exterior lies many admirable, greener features



AUTO PILOT
Mike Goetz
drive@metronews.ca

Sugarcoating gets a bad wrap. A coat of sweetie goodness over something unsweet? What's wrong with that?

If it weren't for Honey Nut Cheerios a lot of us would be woefully deficient in essential substances, like Riboflavin, Thiamine and sodium. There is a type of sugar coating in the automotive world too and it is just as tasty — the concept car.

Automakers need to constantly develop technologies, some exciting, some boring, some in the middle. When it



The Peugeot Onyx allows its looks to do the talking but there is much more to this car than just aesthetics. CONTRIBUTED

comes time to let the world and their stakeholders know about the fruits of their labours, automakers help their cause by almost always incorporating the various technologies into a sexy concept form, then unveiling that vehicle at a major auto show with a photogenic human accompanying it on stage.

The alternative would be to present a technical paper about the technologies at an industry symposium, the kind filled

with large name badges, stale "urn" coffee and break-out sessions. Guess which communication method gets the most attention? A case in point is the Peugeot Onyx, the concept that stole the spotlight at the recent 2012 Paris auto show.

Peugeot could have just told us about the technological areas they're currently working on, like... making vehicles look like they've been handcrafted by metalwork artisans... gain-

ing lightness through carbon fibre... developing sporty and fuel-efficient diesel engines... capturing and re-deploying a car's kinetic energy... And trying to build vehicles with more recyclable materials.

All that sounds good, but the Peugeot Onyx looks even better. The doors and front fenders are fashioned from pure copper, by hand, by a master craftsman. Being copper, the metal's appearance will change

over time. The rest of the body panels are carbon fibre, painted black. The carbon fibre chassis features less individual parts than normal. This "monolithic" design furthers both stiffness and lightness; it tips the scales just over 100 kg (220 pounds).

Mounted mid-ship is Peugeot Sport's 3.7-litre diesel V8, a version of which sees duty in the automaker's Le Mans racers. It transmits 600 hp to the rear wheels via a six-speed

sequential gearbox. The Hybrid4 technology recovers kinetic energy usually lost during braking, by storing it in lithium batteries, then automatically delivering it during acceleration, boosting power by a further 80 horses.

The main material in the interior is wool felt. The wool felt is formed as a one-piece pod — we're talking bucket seats, floor, upper console, and roof! The pod is fitted against the carbon fibre structure, and even does double-duty as sound-proofing material. In places where it contacts the body, there is extra foam.

The dashboard and part of the console are constructed of old newspapers compressed under great pressure to form "logs." Apparently the logs seem to have a "grain" to them, and on closer inspection you can see that the grains are created by the newspaper's printed type. The Peugeot Onyx is eye candy, yes, but like a lot of automotive concepts it is healthy eye candy — the kind with real fibre, protein, and nutrients.

AS EXHILARATING AS IT IS AFFORDABLE.

Every Certified Pre-Owned Mazda we sell comes with warranties and guarantees to ensure that you drive away fully satisfied in a quality vehicle that you can depend on.



0.9% APR*

SEE DEALER FOR DETAILS

CERTIFIED PRE-OWNED

- 160-Point Detailed Inspection
- 7-Year/140,000-Kilometre Limited Powertrain Warranty†
- 24-Hour Emergency Roadside Assistance
- 30-Day/3,000-Kilometre Exchange Privilege
- CarProof® Vehicle History Report
- Zero Deductible
- Available Extended Coverage

CRAFTED. ENGINEERED. CERTIFIED.

ZOOM-ZOOM



*Coverage begins from the original new retail sale date and covers 7-years/140,000-kilometres, whichever comes first. †0.9% APR only for well qualified buyers; not all buyers will qualify. Amount of down payment and other factors may affect qualification. 0.9% APR available on all models and all qualifying model years (the 5 model years immediately preceding the date of this advertisement, or newer) for up to 24-month terms. Based on a representative example of \$15,000 financed at 0.9% over 24 months equals monthly payments of \$630.88 with \$0 down payment, cost of borrowing is \$141.03 with a total obligation of \$15,141.03. Licence, insurance, taxes, down payment, and, where applicable, PPSA and other dealer charges are extra and may be required at time of purchase. Finance on approved credit for qualified customers only. Offer subject to change without notice. Visit your participating dealer for complete details.



Michelin's Green X tire brand. PHOTO COURTESY OF MICHELIN

Increase safety and save on fuel with a wise tire choice

Driving Force. Look for the right balance when choosing rubber for your vehicle with maximum gas savings and tread life in mind

JIL MCINTOSH
drive@metronews.ca

It might surprise you to know that very little of your gasoline's energy — only about 15 per cent — is actually used to move the car forward. In addition to such things as wasted heat, idling, and aerodynamic drag, your tires are also chewing up your fuel.

"Twenty per cent of the energy consumption on a car is to overcome the tires' rolling resistance," says Ron Margadonna, senior technical marketing manager for Michelin North America. "It's not the largest — aerodynamic drag

is larger — but it's a significant energy that you have to overcome."

Minimizing this friction has long been a factor in the design of most tires, but rising fuel prices and tighter government fuel economy standards are making low rolling resistance (LRR) even more important with tire manufacturers. The major challenge is that tires involve a number of attributes, including tread wear longevity, road noise, and traction when braking or on wet roads. Manufacturers who concentrate too much on one attribute will compromise the others.

In some cases, trade-offs are acceptable: someone who buys an extremely "sticky" tire for high-performance handling on a race track knows that this tire will wear quickly, for example. However, most consumers want tires that balance these attributes. Tire makers use special rubber compounds, tire construction, and tread

Things to note

- **Inflation.** No matter what tire you buy, proper inflation is the key to maximum fuel savings, tread life and performance. Check your tire pressure once a month.
- **New breed.** Within a few years new tires will be sold with easy-to-understand labels that will rate their fuel efficiency, tread wear and safety for wet traction.

patterns to maximize the tire's performance, including its fuel efficiency. "The key is managing that energy as the tire deforms through its revolution, so there are advanced polymers that we're using," Margadonna says. "Comfort and noise levels have been improved in low rolling resistance tires." Michelin uses a "Green X" logo on the sidewalls of its tires that use these fuel-saving technologies.

metro

CLASSIFIEDS

TO ADVERTISE, CALL:
1 800 527-6767

HELP WANTED

General Help

metro
NEWSPAPER PROMOTERS WANTED
Monday-Friday mornings
6:30 - 9:30am
10.50/hr

Halifax

Great position for someone who likes mornings, students, or others who have commitments during the day.

Must be willing to work in all weather conditions.

Typically, people whom excel at this position have the following traits:

- Punctual • Honest • Reliable
- Driven • Enthusiastic

If you wish to apply, please forward your resume and references to:

april.doucette@metronews.ca

*only people who are selected for an interview will be contacted

Management

Working Chef/Manager Needed
Small healthcare facility.HRM.
1 Year Term.Great hours.
No weekends or night shifts. M-F
\$14-\$16 hr. Benefits available.
Phone (902) 483 1336 M-F 9-4 pm
Fax (902) 835 1335
Email : rchad2002@yahoo.com

Business Opportunities

JAN-PRO
CLEANING SYSTEMS
Say good-bye to your old job and start a new exciting business!!

AVAILABLE FRANCHISES

- Complete training and support
- Cleaning accounts provided
- Cheapest investment \$3500
- Unlimited potential earnings

AVAILABLE FINANCING

Contact: Carlos De Regules
902-481-2100 or email
carlos.dereguiles@jan-pro.ca
www.jan-pro.ca

PERSONALS

Business Personals

NICOTINE Trapping You?



Where is some relief?
Soft laser **KILLS** the
NICOTINE URGE
Call Doug today!
902.452.3138

Personals

5 star service. 21, male for male.
Female also available for calls.
Call for inquiry.
902-495-0424

HEALTH & BEAUTY

Spa Services

LASER HAIR REMOVAL

1 year for \$499.00
Color/Cut \$60.00
Mani/Pedi \$50.00
902-443-6093
264 Bedford Hwy, Ste. 205
ldvdayspa.com

HOUSEHOLD SERVICES

General Services

B D S Home Improvements
For all **YOUR** Exterior Needs
One Call CAN Do It All!
Our Quality Workmanship
Means YOUR peace of mind!
Insurance & WCB Licensed
Senior discounts **FREE** Quotes
Call Brian **456-4249** Member of the BBB

Cleaning Services

Cleaning & Organizing
Insured & Bonded
quality home cleaning
Visit us today:
sortitoutcleaning.com
902-877-4747

Child Care

New Licensed (65 children) state of art facility.
Indoor, Outdoor play area. Professional Educators.
Nutritional enjoyable meals.
Care & Fun
Child Care
5 Programs from 3 months up to 12 years
Call 902 445 0881 : www.CareFun.ca
290 Main Avenue Halifax King Andrew Tower

Movers

MoveRite
17 ft Truck & 2 Men
\$75.00 per hour
No Minimum
No Gas Surcharge
Residential & Commercial
Local & Long Distance
440-6817
moverite11@gmail.com

find us

Movers

Hindsight Infrared Services. Your first choice for the detection of moisture problems, which may lead to damage and mold problems. Keep your heat in your home, with our detailed Building heat loss Inspection. We provide full color infrared reports detailing results of our inspections.Certified Infrared Thermographers. **Ph:252-1790 Cell:237-0908**

Child Care

AUTOMOTIVE

Recreational Vehicles

AT ORANGE RV Inc.
RV Sale On Now!
Call Us Today!
902-259-3006

follow us
like us
metro

GARAGE/YARD SALES

Garage/Yard Sales

FLEA MARKET
COLE HARBOUR PLACE

SUNDAY
9AM-2PM

6' Table: \$16
CALL TODAY 902-463-2561

SERVICES

Junk Removal

TIME TO TOSS IT

Debris removal, estate clean ups, small demos, unit clear outs, basements, yards & construction. **902-449-0232**

Junk Removal

**GARBAGE
BEE GONE**

• Daily/Weekly Pickups
• Recycling • Garbage
Hauled • Basement &
Backyard Cleanups • Demo & Site Cleanups
• **COMMERCIAL & RESIDENTIAL**
WE DO IT ALL! 902.221.8830



Trades

FINISH CARPENTER

30 years exp. of home construction
renovations, additions, kitchens,
bathrooms, flooring, stairs, railings, crown
moldings, windows, doors and trim.
Lyndel Munro 902-252-5238
<http://users.eastlink.ca/~lyndelmunro/>

Trades

Place your ad in
Metro classifieds
metroclassifieds.ca
1 800 527-6767

Trades

Lafitte's Roofing
For Top Quality Roofs ANYONE Can Afford
• Repair • 10-Year Warranty • Soffit
• Re-Shingle • Fascia • & More
• Re-Sheet
Call for a FREE Quote
(902)209-1701 or (902)821-2390

Trades

NOISY BATHROOM FAN?

Call The Fan Whisperer

UPGRADE KIT INSTALLED \$99
INCREASE AIRFLOW UP TO 20%
REDUCE NOISE UP TO 50%

thefanwhisperer.com
902-830-9493

RENTALS



Apartments Unfurnished

Apartments Unfurnished

Bedford Heights

22 Bedros Lane
Beautiful 2 bdrm suites available
• Condo quality • Bright
& freshly painted • 5 appliances inc.
Open House this Sat/Sun 12-4
1-888-475-5930
www.realstar.ca

Penthouse Suite available at The Plaza!

1881 Brunswick Street
3 Bedrooms • 5 Appliances • Great Views
• Gym • Indoor Pool
1-888-218-6101
www.halifaxapts.ca

Stonecrest Village

80 Chipstone Close
Beautiful 2&3 Bdrm suites available
Call today to view your new home
1-888-708-3746
www.stonecrestvillage.ca

Apartments Unfurnished

Apartments Unfurnished

Apartments Unfurnished

Apartments Unfurnished



Welcome to *The Woodside*, where luxury living
meets the convenience of renting.

1, 2 & 2+ den Bedroom Suites Available Now!

- Brand new, all concrete building
- Heat & hot water included
- Underground parking
- Pet-free building
- Individual tenant storage
- Large balconies
- Stainless steel appliances
- Ensuite laundry with full size w/d
- Amenities within walking distance
- Ceramic & laminate floors
- Granite countertops
- Lounge, guest suite & common areas



Call 209.1357 or 830.2824 to book your viewing today!

The Woodside :: Russell Lake West :: 235 Baker Drive :: Dartmouth
www.thewoodside.ca | 902 830 2824

Read metro work every
Monday and Wednesday
for tips and trends in
education and employment.

Only in Metro. News worth sharing.

Apartments For Rent

"We take care of our residents. Try us and see!"

Dartmouth Apartments

**104 & 106 Albrow Lake,
127 Slayter St**
1 BR \$540

175 Albrow Lake Rd
1 BR \$635
2 BR \$735

356 Windmill Rd
1 BR \$599
2 BR \$719

**6 - 16 Nivens, 77 Farrell,
15 Middle St.**
1 BR \$610
2 BR \$725

11 Glenview
2 BR \$710

**Book your viewing
appointment today!**
Call Teddy at 902.441.0354

**31 & 35 Highfield Park Dr.,
11 Joseph Young Dr.**
1 BR + Den \$566
2 BR \$627

**Book your viewing
appointment today!**
Call Teddy at 902-402-2973 or
Olga at 902-402-2915

15 Kennedy
2 BR \$677

**Book your viewing
appointment today!**
Call Olga at 902.402.2915

MOVE IN SPECIAL!
1 MONTH FREE RENT*
**Ask about our pet
friendly apartments**
*13 month lease
Offer expires Oct. 31, 2012

Can't get a hold of us? Call our help line at 1-877-638-2271
or email us at leasing@metcap.com

36 - 36A & 60 Primrose

1 BR \$619
2 BR \$699

7 & 14 Jackson
Bach \$475
1 BR \$561
2 BR \$714

**Book your viewing
appointment today!**
Call Mack at 902.402.3894

65 & 81 Primrose
1 BR \$619
2 BR \$720

**2 & 4 Franklyn Crt,
1-10 Crystal**
1 BR \$579
2 BR \$711
3 BR \$745

15/25/35 Leaman
Bach \$540
1 BR \$645
2 BR \$735

**87 Pinecrest Dr,
1-3 Farthington Place**
1 BR \$589
2 BR \$699

**Book your viewing
appointment today!**
Call Lynne at 902.401.7318
Or Teddy at 902.401.7318

Halifax Apartments

**1 & 11 Drysdale Rd.,
22-40 River Rd**
2 BR \$639

211 Glenforest
2 BR \$799
3 BR \$914

**Book your viewing
appointment today!**
Call Teddy at 902.441.0354

Attention Realtors!

Want to reach over 116,900 daily Metro News readers?
Advertise your listings with Metro Classifieds.



2 Listings
Starting as low as
\$36 per day

Call 1-800-527-6767 to place your ad now!

Sell Your Stuff For FREE! Call 1-800-527-6767

Limited space Available Size 1.535" X .542", Limit 1/day, 2/wk

1 side board for dining room. Solid wood.
Light birch, Canadian Made!
57 1/2 x 16 1/2 x 34 \$300.00
(902)479-9735

Boston Red Sox Coat, Size Med \$40.00
New Moasy Camouflage pants & shirts
36-68-pants, Lar-Ex L - shirts. Still with tags
\$25.00 each (902)463-1623

Dining Room Table Set for sale:
A solid Oak Pedestal Dining Room Table
with 6 chairs, with fold in leaf. Asking
\$500...please call 902-456-7771

Looking to Buy
Furniture & Antiques
Call (902)292-8228

Simon G Rubellite Oval Tourmaline Ring
Like New. Part of current collection.
Purchased at Touch of Gold for \$3600.
Selling for \$1200. Call 902-402-9348

Wanted
Flea Market Items
(902)292-8228

2 solid pine arm chairs
padded and in excellent condition
\$40 each or 2 for \$75 (seen on kijiji)
902-479-1027

CB radio, Cobra 2000. Twin speakers, Cobra
Dynamike - \$300
Includes many extras.
(902)479-0618 - Call in afternoon

Extremely Rare Book
CASTRO THE REVOLUTION printed in Havana
Learn the Truth \$10.00 free delivery
902-827-2560

Master Craft Band Saw 9 inch
BRAND NEW STILL IN BOX!!
\$125
902-469-3345

Small Kitchen table and 2 chairs (29x41) \$75
Futon that folds down to double - \$100
Living room chair with foot stool green in
color \$30.00 902-454-6713

**Wanted old china, glass, old toys
and jewelry.**
Please call 902-455-9060

47 year old sectional sofa. Reupholstered,
cost \$1100. Brown in color. Best offer.
Call (902)454-9507

Childrens toys & books from
storage. From \$.10 each.
Free delivery.
Call (902)827-2560

Full Size Whirlpool Fridge
White in color, excellent condition
\$275.00
902-852-2795 or 902-499-9027

Miniature Stanley Cup Set
(30 complete set)
Asking \$200 Firm Ask Ron
(902)479-0618 (between 4 & 7pm)

Stroller, rare twin size by Eddy Bauer
Reg. \$800, only \$80
Free Delivery
Call (902)827-2560

Will Buy Flea Market Items
Furniture, jewelry, tools etc.
902-892-8228

A Rose and White Occasional Chair with
matching foot stool. Very comfortable, just
like new.
\$150 OBO (902)407-9735

Collector wants Canadian & Foreign
coins/notes, also sterling and gold
items
902-444-9398

GUN CASES
VARIOUS SIZES
Call for prices
902-469-3345

Older, exc. condition, travel chest • Maple
coffee table, brand - Vilas • Computer work-
station • Open for offers on all items!
Call (902)719-2558

TREADMILL FOR SALE
Excellent condition
Barely used. \$250.00
902-864-8544

Yamaha Keyboard
Excellent condition
Asking \$180.00
902-489-6723

Horoscopes

Aries

March 21 - April 20

Things may get hot over the next 24 hours, but that's OK because you are the kind of person who thrives when the pressure is on. Just make sure you remember to keep thinking. Instinct alone won't be enough.

Taurus

April 21 - May 21

You may have to give ground to a rival today, simply because he or she is even more stubborn than you are! The planets warn that if you go toe-to-toe with them, it could be you who comes off second best.

Gemini

May 22 - June 21

If someone you work or do business with gets a bit aggressive today, you would be wise not to meet their challenge head-on. This is the kind of confrontation you cannot win, so be sensible.

Cancer

June 22 - July 23

You are in the kind of mood where you are quite prepared to turn your life upside down if you believe it is needed to bring success. You may be right, but don't go too far and get rid of everything.

Leo

July 24 - Aug. 23

You will get what you want today — one way or the other. But Mercury linked to power planet Pluto suggests you may upset a few people along the way. Do you care? That just has to be a stupid question.

Virgo

Aug. 24 - Sept. 23

Put the past behind you and focus on the future. There is no point dwelling on what might have been, and why would you want to when your current prospects are so good? Each day can be a new beginning.

Libra

Sept. 24 - Oct. 23

Do you have the guts to take some kind of gamble? If you do, it could well pay off — especially if you act decisively on what your inner voice tells you. Others will disagree, of course. But they know nothing.

Scorpio

Oct. 24 - Nov. 22

Mercury in your sign linked to your ruler Pluto means there is not a shadow of doubt in your mind, but others are not so sure you know what you are doing. Your task today is to find ways to convince them.

Sagittarius

Nov. 23 - Dec. 21

Seize the initiative today. Make your bid for fame and fortune. If you don't, you may look back later and wonder what might have been — and the worst part is, you will never know. Do something daring!

Capricorn

Dec. 22 - Jan. 20

Sometimes in life you have to make a decision and stick to it, and this is one of those times. Whatever you are called to act on today, you must be brave and you must be bold. Anything less invites failures.

Aquarius

Jan. 21 - Feb. 19

You know what needs to be done in your life, so get on and do it and don't worry about whether or not other people will approve. Remember: You don't have to please them — they have to please you.

Pisces

Feb. 20 - March 20

If you are happy with your life the way it is then fine. If, however, there are things you would like to change now is the time to start making plans. Make them big plans too. Don't limit your horizons.

SALLY BROMPTON

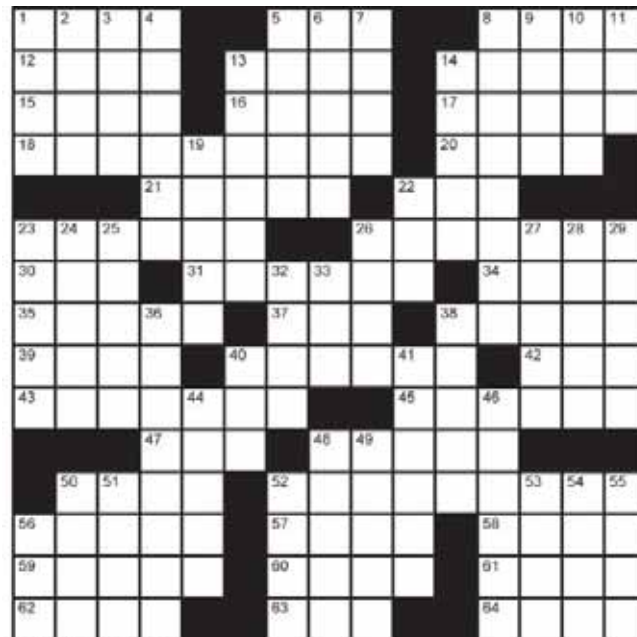
Miscellany

Across

1. Permits (someone to do something)
5. Chicken ____ king (2 wds.)
8. Double-reed woodwind
12. Skin soother
13. Actor Alda, Ladd, or Rickman
14. Witch
15. "... was blind but now ____": Amazing Grace (2 wds.)
16. It blows off the ocean
17. Smell
18. Curtails
20. Predicament
21. Conceals
22. Not him
23. Duress
26. Northwest ____: sea route on the Canadian mainland's north coast
30. When doubled, a dance
31. Engraved with acid
34. Ailments
35. Arise anew
37. ____ and Order
38. Pig's nose
39. Summers: Fr.
40. Kidnapper's demand for money
42. Society page adjective that means "born" in French
43. Sang like a bird
45. Disappear, like a hairline
47. Not young
48. Eucalyptus-loving marsupial of Australia
50. Plant used to make poi
52. Largest New Brunswick city, whose spelling is sometimes confused with the capital of Newfoundland and Labrador (2 wds.)
56. Bay of ____: location of 52-Across
57. Crooned
58. *Garfield* comic strip dog
59. Signed, as a contract
60. Give's opposite
61. Evil grin
62. Close at hand
63. Bro's female counterpart
64. Defunct US gasoline brand still active in Canada

Down

1. Refuge
2. "If all ____ fail, read the directions"
3. Baby's "piggies"
4. Be boiling mad
5. Wonderland girl
6. Goes on and on
7. Aardvark delicacies
8. Has food delivered (2 wds.)
9. Heckles
10. Burden
11. Always: poetic contraction
13. Among
14. Arrives
19. Step part
22. "I've ____ it with you!"
23. Alternative to a nail
24. 8th Greek letter, it comes before iota
25. Grand Prix car



Copyright © 2012 Michael Wieseberg

26. Church benches
27. By oneself
28. Applied epoxy
29. ____ Lauder: cosmetics and fragrance brand
32. Dressed
33. Solo of *Star Wars*
36. Boundary that runs through four Great Lakes (2 wds.)
38. Silvery food fish
40. Valentine color
41. Citrus fruit that's also a color
44. Actor Christopher of the *Back to the Future* series
46. Coax gently
48. Hawaii's Garden Isle
49. Pig sounds
50. Adjust to the correct pitch
51. Ottawa-born singer/composer who wrote My

- Way
52. Former faster-than-sound jets: initialism
53. Wordsworth works
54. Goes quickly
55. Fiddler while Rome burned
56. Fish's steering mechanism

Yesterday's Crossword



What's online

See today's answers at metronews.ca/answers.



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's Sudoku

4	3	7	5	8	1	9	2	6
2	1	6	4	3	9	7	5	8
9	5	8	2	7	6	3	1	4
7	8	2	1	9	4	8	3	5
3	4	1	8	6	5	2	7	9
5	8	9	3	2	7	6	4	1
6	2	4	7	1	8	5	9	3
1	9	3	6	5	2	4	8	7
8	7	5	9	4	3	1	6	2

	4		7	5	8		1	
2								5
		9					3	
9	7		6		5		4	2
				7				
6	2		8		4		7	3
		7				4		
1								8
	6		1	8	9		3	

Today

14°/6°
Rain
70%

Thursday

13°/4°
Showers
70%

POINTCAST

Get Your 1km Weather

www.theweathernetwork.com/pointcast

©The Weather Network 2012

Search over 50,000 used cars, fast and free.



 **autocatch**.com

FLIGHT CENTRE *Unbeatable*

New Orleans Halloween, Air + 4 Nights

\$778

from incl \$641 base + \$137 taxes & fees

INCLUDES downtown accom over Halloween. **UPGRADE** to 4-star accom from \$24 per night. **ADD** ghosts and spirits walk from \$26.

1 866 967 5402 | flightcentre.ca

Conditions apply. Ex: Halifax. Air only prices are per person for return travel unless otherwise stated. Package prices are per person, based on double occupancy for total length of stay unless otherwise stated. All-inclusive vacations include air. Prices are for select departure dates and are accurate and subject to availability at advertising deadline, errors and omissions excepted, and subject to change. Taxes & fees include transportation related fees, GST/HST and fuel supplements and are approximate and subject to change.



— FROM O'REGAN'S ON ROBBIE DEPT OF —
CLEAROUT PRICES



2012 CHEVROLET SILVERADO

Cheyenne Edition Crew Cab 4x4



2012 GMC SIERRA

Nevada Edition Crew Cab 4x4

SAVE BIG
ON THE MOST RELIABLE
PICKUP ON THE ROAD.

UP TO \$14,000 OFF

**PURCHASE FROM
ONLY \$26,998**



2012 CHEVROLET SONIC

ONLY \$79⁺BW

Ridiculously fuel efficient Sonic Sedan



2012 CHEVROLET ORLANDO

UP TO \$6,000 OFF

The most fuel efficient 7 passenger vehicle in Canada



2012 CHEVROLET CRUZE

ONLY \$89⁹BW

Highest safety rating in class



CHEVROLET | BUICK
GMC | CADILLAC



2477 ROBIE STREET, HALIFAX • 422-8551 • WWW.OREGANSONROBIE.COM

\$14,000 includes all factory's basic inventory. Customer may also be eligible for additional savings with Cash & Quicken, GM Visa, Canadian Forces Credit and Student Bonus Programme after 1 year.